

The Journal

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35*

Two school board incumbents won't run; McManus will

By Reed Malcolm
The Journal

ALBANY — With the filing deadline for the April 10 election less than two weeks away, two out of the four incumbent school board members up for reelection have declared they will not run but one City Council member has taken out papers.

Councilmember Mayor Ed

by the board to fill the seat Cediel left vacant until the next regularly scheduled municipal election.

While one-term members Outis and Tapscoff cited "personal reasons" for their decisions not to seek reelection, Rabin is not permitted to run under the board's two-term limit. The fifth seat on the board, that of Peggy Thompson, is not due to expire until 1992.

The filing period for candidates interested in either board or city offices opened last Thursday, and will remain open until Feb. 1. In addition to the four Board of Education positions, there are two four-year vacancies on the City Council. The positions of police chief and city attorney are also open for election.

Outis read a brief statement to a group of middle school teachers, board members and district staff last week. She said she will not run again because of "personal and family obligations." She added that there are "many good people in Albany who would make excellent school board members."

"Albany schools are a commitment that requires a lot of time," Gayle Tapscoff told *The Journal* Thursday. "With the changing nature of education, I can't imagine putting in the same effort for another four years."

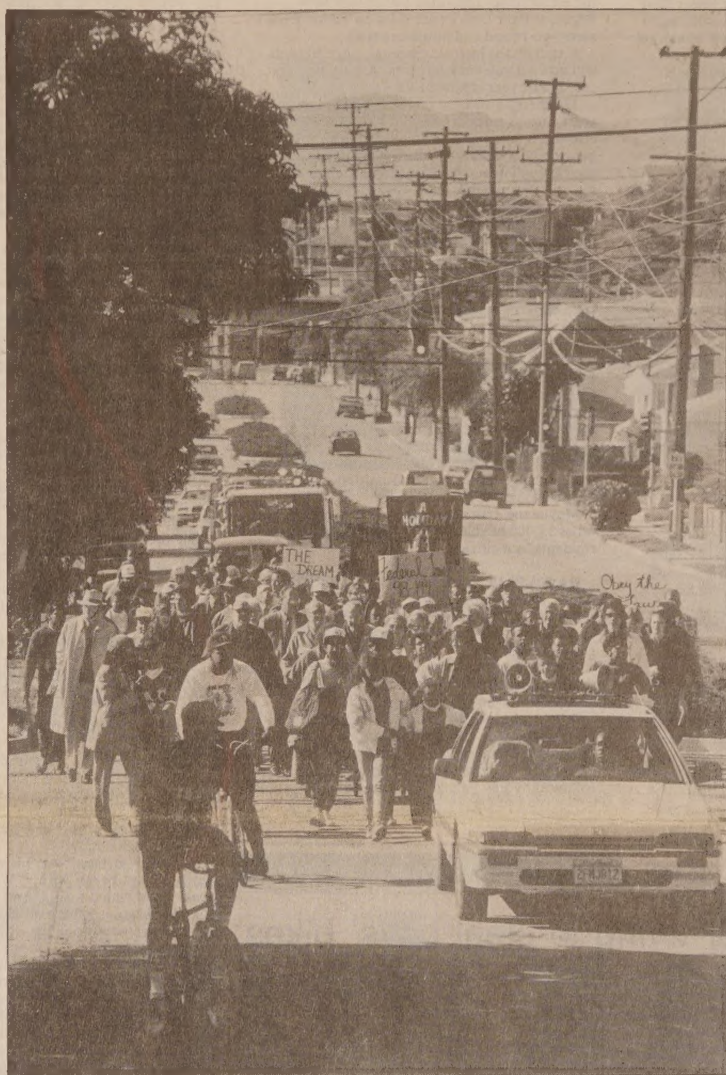
Election

McManus, 37, said earlier this week he intends to run for school board because of his 2-year-old daughter and another child due in May.

"Seeing that I'm one of the people contributing to the (growing) population in Albany I think I would take a hand in maintaining the quality of our schools," he said. The former mayor is serving his last of eight years on the City Council.

President Sally Outis, Vice President Gayle Tapscoff and Kay Rabin announced last week they will not seek reelection. Only board member Alan Riffer said he will try for one two-year term in the ballot, which will complete the unexpired four-year term of Bonnie Cediel who resigned last February. Riffer was appointed

Paying tribute to King



Blacks and whites marched from El Cerrito City Hall to the Community Center

Journal — Mark Koehler

More than 200 in El Cerrito join Martin Luther King march

By April Lynch
The Journal

EL CERRITO — Rallying together to show that "Dr. Martin Luther King Jr.'s dream is still very much alive," local residents held a parade and celebration Monday to honor the civil rights leader and to press the city to make King's birthday a legal holiday.

More than 200 marchers, some carrying signs reading "A holiday for MLK Jr." and "Dr. King deserves to be observed," walked from City Hall to the Community Center just before noon. Blacks and whites linked hands and joined in the march and rally.

"This isn't about one race against another," said one young white woman marching in the parade. "We honor lots of holidays about war — the end of wars, men who lead wars — let's honor someone who fought for peace and social justice."

Although the government declared King's birthday a federal holiday five years ago, many communities across the nation are still debating how to honor the slain civil rights leader and peace activist. El Cerrito city officials have said that they want to honor the holiday, but the more than \$30,000 needed to shut down City Hall for a day just isn't available.

Local civil rights activists don't buy that argument. "If you really want a holiday, you'll find a way of getting one," local NAACP president Charles Wilson said before the parade. "We'll be back until (the city) does declare Martin Luther King Day a holiday."

City manager Gary Pokorny, who joined City Councilmembers Jean Siri and Norma Jellison in attending Monday's events, agreed that establishing the holiday is "a matter of priorities." He believes El Cerrito will soon declare Martin Luther King Day an official holiday.

Firefighters and child care workers, whose work contracts were renegotiated this past year, already have the holiday off, Pokorny said. Other city

staff, such as the Police Department, will be given the holiday as their contracts come up, he said.

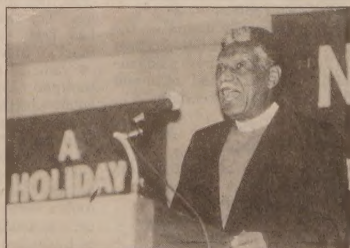
"We need to recognize and honor what (King) stood for, which is a non-violent approach to including everyone in the mainstream of society," said Pokorny, who believes that city government must respond more strongly to El Cerrito's growing ethnic diversity. The city supported the rally by providing a police escort and offering the Community Center free of charge.

NAACP members hope the holiday will be declared after the city's next budget session.

The march surprised some members of this usually quiet community, but most observers expressed support for the rally. As the parade wound along Manila and Richmond streets, one woman stopped her car to cheer the marchers on and give them the "thumbs up" sign. At the rally, as children recited poems and speeches in King's honor and vocal groups performed tributes to King, one elderly woman peered inside the packed Community Center and said, "I haven't heard such happy sounds come out of that place in a long time."

The El Cerrito branch of the NAACP, which sponsored Monday's events, drew on its more

See MARCH on page 3



Bishop Roy Nichols delivered the keynote speech

Traffic to be studied in Albany

City streets taking freeway overflow

By Teri DeLoache
The Journal

ALBANY — The City of Berkeley wants to restrict left turns onto Masonic Avenue from Santa Fe Avenue northbound but the City Council here said it will not endorse or oppose the move until its Traffic and Safety Commission studied the issue more closely.

The Traffic and Safety Commission and Public Works Director Ron Lefler both recommended that the council oppose Berkeley's plan to restrict left turns on the heavily traveled street during evening commute hours because traffic on Albany residential streets such as Key Route Boulevard would probably increase as a result.

Masonic Avenue residents in Berkeley claim drivers speed down their narrow street often sideswiping cars while en route to Solano Avenue or other communities to the north. Masonic Avenue in Albany is wide enough to handle a large volume of traffic but the Berkeley portion of the street is not even wide enough to handle divided lanes of traffic.

Several Masonic Avenue residents urged the City Council Tuesday to study the idea further before rejecting it. "I've had four cars sideswiped on that street," resident Ben Shaver told the council. He said backing out of his driveway during rush hour is nearly impossible. Resident

See TRAFFIC on page 4

Supervisors propose quake aid legislation

The Alameda County Board of Supervisors recently presented a list of legislative recommendations calling for increased earthquake relief funding, especially for thousands left homeless by last year's earthquake.

Don Perata, chairman of the Board of Supervisors, said, "We need to make the most of the governor's promise" to assist the Bay Area after the quake.

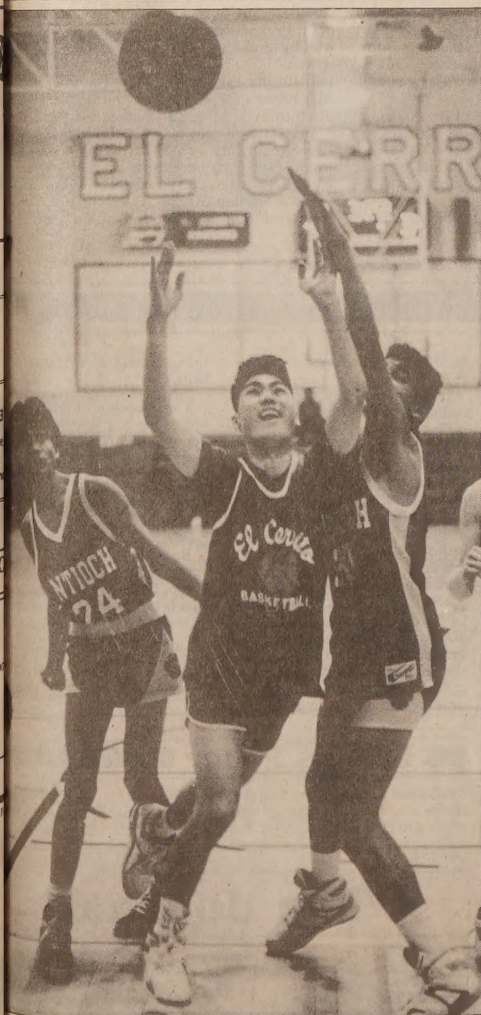
One of the main points of the proposals is to increase allocations to restore, rehabilitate and rebuild downtown Oakland's single room occupancy hotels, many of which were condemned after the quake.

Perata estimated that between 1,500 and 2,500 were left homeless in Oakland. In a nine-page memo presented by the board, the supervisors advised that the California Natural Disaster Assistance Program for rental properties be increased from its \$32 million budget. The report estimated that \$100 million is needed to repair and bring up to code damaged residential hotels in Oakland alone.

The board also recommended increased funding of \$30 million to support the displaced population for the next two to three years.

Perata, who recently took issue with the Red Cross over the group's handling of the final \$10 million in local relief allocations, said the difficulties have been ironed out — but it isn't likely Oakland will receive the bulk of the Red Cross' remaining funds.

According to the report, the \$30 million will cover funding for continued operation of shelters as well as support, in the form of vouchers, for people living in temporary housing because of the quake.



Journal — Mark Koehler

Cagey opponents

High school hoopsters in Albany and El Cerrito continue to compete for the No. 1 spot in their league. For highlights on Albany girls basketball and El Cerrito boys freshmen, see page 5. (Picture: Kyle Tanamachi)

Middle-age fugitive ninja tortoise

SHELL SHOCK: Maybe you've been blaming those missing flower tops in your garden on snails, especially since the recent rains have driven the gastropods above ground. An Albany household is hoping you will take a closer look.

The culprit may be a pet tortoise that went on the lam in October. Signs of his presence, according to a flier posted in the BART linear park:

- Your flowers are missing but the stems are still there.
- Your yellow dandelion flowers have disappeared.
- There are large holes in the ground (he lives in the ground).

This is not the average house pet. He has belonged to members of this family for better than 50 years, but is evidently pretty spry. According to the flier, "Even if you have a locked gate he can get around it — he got out of our yard."

As a ground dweller, he also seems to have his ear on geologic events. He went on the run on Oct. 18 — the day after the earthquake.

The suspect was last seen in the 1000 block of Santa Fe Avenue. He comes out when it is warm and sunny, but he could be hibernating for the winter.

"We've had people calling, but no leads yet," said the man who answered the phone when we called (524-7269 if you have any information).

To be sure you have the right tortoise, the fugitive is described as 12 inches in diameter, five inches tall, with "a crack along the left side of his shell to the top of the center."

Fugitive may be looking for a hare to race with.

IS NOTHING SACRED? (Part one): "Santa Claus, you'd better not pout, but the weight of medical evidence indicates you are a prime candidate for a heart attack."

—So opens a cheery holiday message from the American Council of Life Insurance (our Press Release of the Month).

The release goes on to describe Mr. Claus' bowl-of-jelly-like belly as "nothing more than excess pounds virtually guaranteed to lead to all kinds of unmythical complications."

"For example, besides his penchant for sugar plums, Santa really does not get enough exercise. Worse, after performing sedentary labors throughout the year, he works strenuously on Christmas Eve."

Merry Christmas, Mr. Claus. Your policy has been cancelled.

RUNNER-UP for Press Release of the Month honors is one that includes a short biography of Richard "Rick" King, a senior partner with the San Leandro firm of King, King & King. ("Good morning, King, King, & King." "I'd like to speak to Mr. King." "I'm sorry, he's in a meeting." "How about Mr. King?" "Mr. King is gone for the week." "Well can I speak to Mr. King, then?"



By Chris Treadway

"Speaking."

We are sure that Richard King, who is also a singer and actor who has performed locally and in Las Vegas, has heard the preceding more than once).

IS NOTHING SACRED? (Part two): Among the fee increases instituted by the East Bay Regional Park District are rides on Tilden Park's merry-go-round and miniature train.

A spin on the historic carousel, once 50 cents, will now set you back 60 cents. A train ride that cost \$1 last year is now \$1.25.

The merry-go-round increase, the first in five years, brings rides in line with similar attractions elsewhere, some of which are as high as three quarters of a dollar, the district explains. The increase will bring the district an estimated \$5,050 more in revenue this year.

As for the trains, the rationale is that track and equipment are more than 20 years old and maintenance costs are rising. The increase, the first in better than three years, will net an estimated \$3,150 in extra revenue.

Even the simpler pleasures in life are evidently subject to the cost of living (or cost of riding in this case).

DRAMATIC DECREASE IN ALBANY POPULATION! Or so one would gather from an Oakland *Tribune* article that appeared in December.

The second paragraph of a Trib story on the petition effort for a referendum on the future of Albany's waterfront opens "John Shively, one of three Albany citizens, who submitted a notice of the petition drive to the city..."

Maybe the Trib has reason to believe that the other 15,000 or so people in Albany are merely residents, not citizens.

RAIDERMANIA LIVES IN EL CERRITO: BART ridership figures for fans returning via the system from the Coliseum after the Raiders-Oilers game last Aug. 27 show that 7 percent got off at the Del Norte station.

That figure equals the combined total for all five Oakland BART stations (the E.C. Plaza station accounted for another 2 percent).

In fact, the Del Norte ridership count tied the Hayward station for the third highest on the system that night. Fremont easily took first place with 23 percent of the system's Coliseum passengers, followed by Bay Fair in San Leandro at 11 percent.

Bad news from Lake Wobegon: Garrison Keillor's renovated radio show isn't funny

By Andy Whipple

Special to The Journal

Garrison Keillor, the rumbly-voiced creator of *Prairie Home Companion*, is a pretty successful kind of a guy. Thirteen consecutive years of weekly radio shows, three best sellers and a desk at *The New Yorker* ain't bad.

But, as no less of an authority than my own mother has pointed out, Garrison's new program is a dud. The *American Radio Company of The Air*, as he's ham-handedly called it, is less than a half-dozen installments old, and already folks are star-

Commentary

ing at their radios in disbelief.

"He's a national treasure, there's no doubt about that," my mother says. "But he's out of focus at the moment. He's made a mistake."

Garrison's prose is something I've always been able to take or leave: good, usually recognizable before you get to the by-line (the *New Yorker* always puts it at the end), occasionally memorable, but usually just a means of filling time.

Not so for his radio work. Keillor's 13-year stint as creator/moderator at *Prairie Home Companion* was reliably great, and occasionally so outrageously brilliant that local NPR stations like KQED are re-running his old shows.

Garrison's new program is an effort to move ahead with new material while retaining enough of the old stuff to provide continuity.

Instead of broadcasting from Minneapolis, he's holding forth from someplace in Brooklyn called Ft. Green. According to a KQED person, the new show is supposed to run in 12-week cycles. A dozen new shows from New York, a dozen reruns from St. Paul, another dozen new shows, and so forth.

Instead of punctuating the comic material with "country" music — which in the old days ranged from Chet Atkins and Jean Redpath to some Russian Chorus from Yale — Garrison is using "city" artists.

Instead of small-town midwest humor (the denizens of Lake Wobegon), Garrison is exploring the foibles of the Big Apple.

But these are just the programmatic differences between Keillor's old show and his new one. The real change — the one that my mother jumped on, without actually giving it a name — is a subtle thing having to do with the extremely delicate mechanics of humor.

Garrison Keillor is a humorist, but his new show isn't funny.

Keillor's brilliance in *Prairie Home Companion* was his skill with humor. Used adroitly, humor will "sell" anything — taco chips, used cars, antacids, lite beer, books, travel, and even weekly newspapers.

Keillor sold a lot of moralizing, old-fashioned family values, and (dare I say it) spirituality — by packaging it with fresh, perfectly timed wit.

He served as minister to a lot of Americans during a period of moral low pressure (this period is not over, incidentally).

Keillor's "sermon" was his weekly monologue — which always began with, "Well, it's been a quiet week," and ended with, "And that's the news from Lake Wobegon," where all the women are strong, the men are good-looking, and all the children are above average."

Most of Keillor's PHC monologues are available in print form, but they're shorter, paler versions of the audio originals. The live versions sparked with an intuitive sense of timing (the proverbial "pregnant pause" for example). Some of them involved extemporaneous departures from his text (he never had one in view) that reminded me of a jazz musician discovering himself in a brilliant solo.

Letters

Leaf blower petition picking up steam

Editor:

Next Tuesday, Jan. 23, Albany residents will have their first chance to let the city know they will no longer tolerate the racket and stench we now must from gas-powered "leaf blowers."

The Planning and Zoning Commission will meet at 8 p.m. in Albany City Hall council chambers to consider an entirely revised noise ordinance. Members of AASP, Albanians Against Sound Pollution, will be present and urge all other

residents to attend and express their views.

It is expected that the full council will give the new ordinance a first reading on either Jan. 29 or Feb. 5. (This date was not set at press time.) Input from the public is particularly important at the first of these meetings as the council will probably adopt the ordinance at the following meeting.

Assisted by members of AASP, I have been circulating a petition to ban gas-powered (but not electric) "leaf blowers." The response has been excellent and the number of signatures we can collect is limited only by the time we can devote to pounding

the pavement and ringing doorbells.

The adoption of a new ordinance is a golden opportunity to make Albany more restful and less polluting place. But if we, the people, not make our feelings known, the council the chance may be lost for years to come.

Residents wishing to sign a petition may contact me at home, by letter, or by telephone which is 524-7669. So remember, "Don't just gasp, join AASP."

Dave G.
534 Curran Ave.

Correction

The film review of *Lodz Ghetto* (Jan. 11) contained a typographical error. The date of Germany's invasion of Poland should have read 1939.

In the El Cerrito Chamber of Commerce column (Jan. 11) a teacher at Harding Elementary School was incorrectly identified. Her name is Barbara Taylor.

In the Year in Review (Jan. 5) a compilation of earthquake damage quoted county sources who said the Berkeley Library sustained \$10.5 million in damage. The library suffered no damage. The Journal regrets the errors.

Every effort is made to ensure accuracy in The Journal. Readers are encouraged to write with corrections or clarifications to P.O. Box 1624, El Cerrito 94530.

Letters Policy

The Journal welcomes letters from our readers. They must be typed or printed and be accompanied by a phone number for verification. They may be edited for length and clarity. Write: Letters Box, P.O. Box 1624, El Cerrito 94530.

The Journal

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Police Report

Compiled by Dawn Frasier

Man arrested for trying to steal boys' bikes

ALBANY — The following is a partial account of crimes and incidents that occurred recently according to police records.

Business Burglaries

- A man in his 40s entered the First Baptist Church Jan. 8 and stole \$50 worth of food from the pantry.
- Jan. 9 two girls, 14 or 15 years old, entered the Solano Avenue Clothing Store. They tried on some clothes and, when one left the store through the front door, the other exited at the rear with the clothes.

Thefts

- An unknown person gained entry to a green 1975 Toyota Celica when it was parked on the 800 block of Ramona, defeated the ignition and stole the car valued at \$1,000.
- An Albany High School student reported \$380 to \$390 stolen from his PE locker Jan. 9 but did not want to file a formal report with police.
- Jan. 9 two boys in the Albany Bowl saw a suspect taking one of their bikes which were parked out

front. The suspect was located and arrested. He was also charged with providing false identification to police.

• Someone attacked a parked Plymouth with a blunt object to gain entry to the car and steal it Jan. 9. The Plymouth was valued at \$1,000.

• Jan. 10 a 1988 Chrysler was reported stolen. An officer later spotted the car in the north lot of Golden Gate Fields with two suspects sitting inside. The suspects were arrested. One had warrants issued on him in Berkeley and in Contra Costa County. The suspects were cited, released and will appear in court Feb. 2.

• An unknown person broke the left wing window of a 1985 Volkswagen Jetta Jan. 10 and stole a tape deck valued at \$500. The car had \$100 worth of damage done to it and was parked on the 600 block of Adams.

Miscellaneous Mischief

• Jan. 6 the Liquor Barn reported that two unknown men had presented a forged check

Dec. 29 for liquor and other items phone ordered in two days earlier. The check was written for \$2,489.

• Police towed a vehicle parked in the red zone on the 500 block of Pierce Street Jan. 6. The 1978 Toyota Corolla has 72 outstanding parking violations with a bail total of \$2,001.

• A 14-year-old boy ignited a large firecracker in the courtyard of Albany Middle School Jan. 5. Several students were hurt with minor injuries. The boy was arrested and released to his uncle.

• Two cars parked on the 700 block of Buchanan were the victims of hit and run damage Jan. 7. One of the cars incurred "major damage" to its left side.

• Jan. 8 a man admitted responsibility for hit and run incidents involving four parked cars on Thousand Oaks near Key Route. He was cited to appear at Berkeley-Albany Municipal Court.

• Jan. 12 police arrested a man at Golden Gate Fields for public intoxication. On booking police found two paper bundles on the man which contained cocaine.

Rash of purse snatchings, attempts in E.C.

EL CERRITO — The following is a partial account of crimes and incidents that occurred recently according to police records.

Residential Burglaries

- An unknown person entered a residence in the 2000 block of Cutting Boulevard Jan. 5 through an unsecured kitchen window and stole \$1,630 worth of electronic equipment.
- A resident in the 2600 block of Monte Vista Avenue reported Jan. 7 that within the past six months someone had stolen household items from his residence totaling \$1,280.
- An unknown person forced entry through the rear door of a residence in the 2500 block of Tulare Jan. 7 and stole \$950 worth of items from the home.
- Jan. 8 someone kicked open the rear door of a residence in the 1500 block of Elm Street and took a VCR worth \$650.

• Someone broke the window of a home in the 8600 block of Edgehill Court Jan. 11, gained entry and ransacked the house.

Business Burglaries

• Jan. 5 a man ripped a \$365 gold chain from the hand of a clerk at Beadazzled in El Cerrito Plaza after a struggle. Police arrested him and charged him with strong arm robbery.

• The Union 76 station on the 3100 block of Carlson reported on Jan. 11 that two boys paid partially for gas they had taken and fled in a 1965 Buick sedan.

Thefts

• Jan. 5 someone stole a 1979 Mazda, valued at \$2,500, from the Lucky section of the El Cerrito Plaza parking lot.

• A man forcibly removed a purse from the shoulder of a woman in El Cerrito Plaza in front of Capwell's Jan. 5. The suspect fled in a waiting

Volkswagen.

• An unknown person smashed the wing window of a 1988 Vanagon parked on Eureka near Pomona Jan. 5. The thief rolled down the window and unlocked the door, then stole a stereo and tapes valued at \$605 from the car.

• Someone entered a locked 1976 Ford by force Jan. 7. The thief then stole the car without a key. The car, valued at \$3,000, had been parked on the 6500 block of Stockton Street.

• Jan. 6 a man in his 30s bumped into a 78-year-old woman in the Lucky store at El Cerrito Plaza and took the wallet from her purse valued at \$34.

• An unknown thief entered a 1981 BMW Jan. 7, through the unlocked driver's door. The thief took a stereo valued at \$350. The car was parked on the 800 block of Lexington Avenue.

• Jan. 8 a man attempted to

See POLICE on page 4

El Cerrito equality a long time coming, a long way to go

By April Lynch
The Journal

EL CERRITO — Although this community may not be a hotbed of racial strife and violence, the city still needs to improve race relations and develop a stronger response to its growing ethnic diversity, according to the president of a local civil rights organization.

"The whole problem is one of omission rather than commission," said Charles Wilson, president of the El Cerrito branch of the NAACP. "That's where we saw the vacuum, in the matter of positive action, so we decided that we would make the city administration and the community aware of what's going on around them these days."

While many outside the city see El Cerrito as a conservative community made up largely of aging whites, some civic organizations contend that an influx of young families has broadened the city's racial makeup, and city officials believe the 1990 census will demonstrate El Cerrito's growing ethnic diversity.

"El Cerrito is sort of a laid-back community," said the 74-year-old Wilson, a long-time civil rights activist and retired attorney. "They woke up one morning and found a lot of blacks in the community and said, 'Oh my gracious, what do we do now?'" After many years of keeping a low profile, Wilson said the NAACP is working with city officials to help smooth the city's racial transition.

Formed in 1968, the 500-member local chapter of the NAACP has lobbied city government for stronger adherence to affirmative action hiring laws and the official observance of Martin Luther King Day. Wilson admits that the local NAACP "has not really been very active for a long long time," but under the leadership of this former attorney for the state's Fair Employment Practices Commission, that will continue to change.

Wilson described the local NAACP as a "watchdog group" for the rights of both minorities and women, seeing that "equal justice, non-discrimination, and affirmative action are embraced by the community, the city, and the city fathers." People of all races belong to the local chapter,

'We don't have a lot of rabblers in our organization. We have a nice, quiet community, so we have been nice and quiet' —Charles Wilson



which also works with other like-minded civic groups.

The national NAACP, or National Association for the Advancement of Colored People, was established by a group of blacks and whites in 1909 and has been widely regarded as America's vanguard civil rights organization. Its members and leadership favor using legal action to tackle civil rights issues. The organization has come under attack both from conservative whites for being too militant, and from radical black organizations for being too cautious.

But in El Cerrito, the NAACP's moderate approach has proven effective. Unlike nearby Oakland and Richmond, El Cerrito does not have a large population of "underclass" blacks, a history of racial violence, or militant groups for social change. Wilson explains that while the local NAACP is committed to its work, it has "a different kind of membership."

"We don't have a lot of rabblers in our organization. We have a nice, quiet community, so we have been nice and quiet," he said. Wilson has been president of the local NAACP since December 1988 and one of the group's charter members. "People are really not lynching people in El Cerrito. You don't get the emotional pitch that you get in other communities where things like that happen."

Despite their low profile, however, El Cerrito NAACP members remain committed to seeing that the city keeps pace with its changing population. After a long series of discussions

with city officials, the NAACP helped push the city to establish a Human Relations Commission and adhere to affirmative action hiring practices three years ago. Since then, city staff has shown a slow but steady broadening in its racial and gender makeup.

A recent NAACP-sponsored rally in honor of Martin Luther King Day served as a reminder that while city officials have not yet declared the federal King holiday a city holiday as well, the NAACP will continue to press the issue. Wilson said his organization will not "let this holiday go by default," and that city officials know "we're going to stay on their back."

Wilson, an NAACP member since childhood, acknowledges more radical groups' criticism of the NAACP while pointing out that more militant organizations help the NAACP get its work done. Recalling how the Bank of America agreed to work with his group in adopting fair hiring practices only after being shut down by members of the more radical Congress on Racial Equality (CORE), Wilson believes that "these other groups help us out, so we don't criticize them."

Nor would a more radical approach help civil rights causes in El Cerrito, Wilson said. Groups like CORE have little presence in the community, and since local residents are "basically decent, not rabid racists," Wilson believes that a moderate but steady approach will be the most effective in this city.

"You don't get anything these days unless you really go after it," said Wilson, who feels that

civil rights continues to progress despite recent bombings in the South and setbacks suffered under the Reagan administration. "No one is coming around handing it to you on a silver platter. You've got to go out and get it."

Wilson, a native of Portsmouth, Va., moved his family from Berkeley to El Cerrito in 1962 after no one in that community was willing to sell a home to a black family. Although he grew up under "separate but equal" laws that kept the races apart, Wilson said the reality of living in a segregated society didn't hit home until he graduated from the all-black Virginia Union College in 1940.

"I was always puzzled when I

was a kid. I would always get on the bus and try to sit in the front seat, and my mother was always grabbing me and taking me to the back," he recalled. Wilson moved to California because he didn't want his children to face similar discrimination. "I could never understand that, until she explained it to me."

After returning from duty as an officer to an all-black army division in Europe during World War II, Wilson entered Columbia Law School in 1946 as the only black in his class, and realized the status of blacks in American had to change. "All these G.I.'s had been overseas risking their lives, and they weren't coming back home to be kicked around

anymore. I was a part of that."

After moving to California with his wife Lucy in 1948, Wilson had five children, worked as both a private and state attorney since passing the bar in 1950, and served as an administrative law judge from 1978 until his retirement in 1983. His long legal and civil rights career gives him confidence that while "pockets of resistance" still exist, civil rights in America will continue to progress.

"We realize what we're doing is right and proper, but it's impacting on our personal lives, and that makes people uncomfortable," he said. "We need a new attitude, and that takes time."



Journal — Mark Koehler

The NAACP says it will continue to push the city for an official Martin Luther King holiday

March

Continued from front page

than 500 members to join the rally. While most participants came from El Cerrito, some Richmond residents also joined the events. Other local church and community organizations represented included the Youth Baseball League, which sent a representative of each member team to march under a banner reading "Slugging for a Martin Luther King Holiday."

The rally's keynote speaker, United Methodist bishop the Rev. Roy Nichols, told listeners that King was "more than a dreamer, he made dreams come true," and if "we can't make this East Bay community a testimony to harmony and justice ... I doubt it can be done anywhere on earth."

"While some of us may turn away from the problems we face, we 'pack our own lunch,'" said Nichols, winner of a Humanitarian Award from Pope John Paul II. Nichols told the responsive crowd they can control the fate of problems like poverty, drugs and poor education among minorities. "We elect the officials, we respond to the polls."

NAACP members said they were pleased with the strong turnout at their first Martin Luther King Day rally, and they promised to continue the annual celebration regardless of the city's decision on making the day an official holiday.

"I've always wanted to see El Cerrito celebrate Martin Luther King's birthday," said parade marshal and long-time resident Vandra Jones, who lead the marchers in cheers and songs.

"We're just glad we could do this for the city."

McCaulou's

The Big January Winter Clearance

SALE

NOW IN PROGRESS

Mens & Boy's

Patagonia Collection
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Shirts
All Fall Jackets
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Levi's for Men
Wool Sweaters
Jogsuits
Flannel Shirts
All Leather Jackets
Dockers Pants
Levi's Jackets

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TO
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OFF

Lingerie

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All Warners and
Bali Bras
Vanity Fair Panties
Warm Sleepwear
Warm Gowns
Warm P.J.'s
Warm Robes
Lace Body Suits
Camis
Gaviota Panties
Lanz

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TO
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OFF

Shoes

Impo
Jones New York
Bellini
White Mountain
9 West
Papagallo
Tartaninos
Keds
Men's Bass
Men's Capezio
L.A. Gear
Bandolino
Jazz

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TO
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OFF

Children's

Sweatshirts
Flannel Gowns
Coats
Jackets
Skirts
Tops
Dresses
Accessories
Coveralls
Jogsuits
Jumpsuits
Pants

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TO
 $\frac{1}{2}$
OFF

Women's

Chaus Separates
All Pendleton
Susan Bristol Sweaters
All Velour Coordinates
Al Eagle Eye Wools
All Skyr Wool Sweaters
Selected Dresses
I.B. Diffusion Sweaters
Novelty Sweaters
Winter Tops
Lady Impression Sweaters
Wool Collection by
Pendleton, Koret, J.H.
Turtlenecks by Daniel Caron
Fleece Jackets by Sync
Cambridge Separates

$\frac{1}{3}$
TO
 $\frac{1}{2}$
OFF

JR's

Esprit Collections
Genera Collections
Urban Outfitters
Fall Dresses
Body Glove Skirts
Body Glove Bike Shorts
All Aerobic Wear
All Fall Sweaters
Guess Denim
Woos Denim
Paris Blues Denim
D.D. Sloane Pants
Necessary Objects Collection
Mock Turtlenecks
Leather Look Jackets

$\frac{1}{3}$
TO
 $\frac{1}{2}$
OFF

Dr. Martin Luther King's legacy endures while his image grows

By April Lynch
The Journal

Six months ago, students in China carried placards which read (in English), "I have a dream." Last fall, crowds in East Germany and Czechoslovakia sang their own versions of *We Shall Overcome*.
An assassin's bullet may have silenced the Rev. Martin Luther King, Jr., but the vision of America's champion of civil rights and nonviolent change has endured.
"I believe that unarmed truth and unconditional love will have the final word in reality," King said in 1964 as he became the third black person and the youngest man ever to win the Nobel Peace Prize.
"That is why right, temporarily defeated, is stronger than evil triumphant."
Born Jan. 15, 1929, King grew up in a middle-class black neighborhood in Atlanta. His name was Michael Luther King, Jr., until the age of six, when his father changed both their names in honor of the

Protestant reformer.
King earned a solid education, including a B.A. from Morehouse College in 1948, a B.D. from Crozer Theological Seminary in 1951, and a doctorate from Boston College in 1955.
King's first civil rights work came one year after he took over the Dexter Avenue Baptist Church in Montgomery. Church leaders had hired King as a "quiet replacement" for Vernon Johns, a fiery minister who had been urging his congregation to fight against discrimination.
But King's "low profile" ended on Dec. 1, 1955, when Mrs. Rosa Parks, a black Montgomery seamstress, was arrested for refusing to give up her seat on a segregated bus.
Parks' arrest sparked a 382-day boycott of the Montgomery bus system. Numerous blacks were jailed. The bus company suffered financial ruin. The Supreme Court declared Alabama's segregation laws unconstitutional.
King — who led the boycott

— was arrested and his home was bombed. But his restraint and continuous calls for non-violence by blacks thrust him into the national spotlight.
In the years that followed King led innumerable marches and voter registration drives. In August, 1963, he rallied more than 200,000 people for a march in Washington, D.C., where he delivered the unforgettable "I have a dream" speech.
In the late '60s King argued strongly against the Vietnam War, and his organization, the Southern Christian Leadership Conference, lobbied steadily for the rights of the poor and unemployed.
Leaders in Washington both admired and feared King, who applauded the Kennedy and Johnson administrations for their civil rights efforts while reminding them that the laws were still inadequate.
Kennedy conferred with King and spied on him, too, warning him at one point that his group had been infiltrated
See KING on page 10

Church Notes

Arlington Community Church, 52 Arlington Ave., Kensington. Reverend Ken Barnes, 526-9146.
Sunday services begin at 10 a.m. There is child care for children under 3. Coffee hour immediately follows the service.
Jan. 21 Rev. Ellen Green's sermon is titled *Follow Me*.
Grace Lutheran Church, 15 Santa Fe Ave., El Cerrito. Joan Ross, lay minister, 525-9004.
Sunday school for children of all ages and two adult Bible classes begin at 9 a.m. Worship service is at 10:30 a.m. Coffee and fellowship in the parish hall follow the service.
William E. Battermann, director of Christian education, will lead the service and speak on *Christian Mathematics* on Jan. 21.
First Church of Christ Scientist, 601 Lexington Ave., El Cerrito. 525-1676.
Sunday services and Sunday school are at 11 a.m. Wednesday evening testimonial meeting is at 5 p.m. The public reading room is open Monday, Tuesday and Wednesday from 1 to 3 p.m.
El Cerrito United Methodist Church, 6830 Stockton Ave., El Cerrito. Gary E. Pope-Sears, pastor, 525-3500.
Worship service is at 10 a.m. with Pastor Pope-Sears presiding. Coffee hour is at 11 a.m.
The adult Bible class and special discussion classes meet at 11:15 a.m.

At 10 a.m., just before Sunday school begins, Pastor Gary will have a moment for the young at heart. Childcare is available.
First Unitarian Church, 1 Lawson Road, Kensington. Dr. Richard Boeke, 525-0302.
Family meditation service is at 8:30 a.m. The Personal Theology group and the 20s-40s group both meet at 9:30 a.m.
Dr. Boeke's subject at the Jan. 21 morning service at 10:45 a.m. is Albert Schweitzer. The children's choir will sing.
Childcare is available beginning at 9:30 a.m.
Northbrae Community Church, 941 The Alameda, Berkeley. 526-3805.
The church meets at 10 a.m. with adult forum discussion and with a biblical literature study group. Worship service is at 11:20 a.m. Children's church school is at 11:20 a.m.
Berkeley Buddhist Priory, 1358 Marin Ave., Albany. Rev. Zensho Roberson, 528-2139.
An introductory class on the practice of serene reflection meditation is held each Tuesday at 7:15 p.m. Please

call to register.
Sunday service and lecture is at 10 a.m.
Sycamore Congregational Church, 1111 Navellier St., El Cerrito. Rev. Dr. Paul Nagano, minister. Rev. Sadao Masuko, Nichigo minister. 525-0727.
English morning worship and Nichigobu Bible study are at 11 a.m. Fellowship hour is at noon.
Jan. 21 is Martin Luther King, Jr., Sunday. Rev. Nagano's sermon is titled *The Art of Hearing*.
Mira Vista United Church of Christ, 7075 Cutting Blvd., El Cerrito. Rev. Nancy M. McKay, 234-0110.
Rev. McKay's sermon is titled *Follow Me* at the 10 a.m. service Jan. 21. The choir and children will sing *This Little Light of Mine*.
Church school is at 9 a.m. Nursery care is provided.
Christ Lutheran Church, 780 Ashbury Ave., El Cerrito. 524-1050.
Sunday school is at 9 a.m.; worship at 10 a.m.; communion the first three Sundays of the month.

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cockapoo	1	F	12 yrs.
collie/shepherd	1	F	
collie mix	1	F	7 mos.
Dachshund	1	M	
husky/labrador	1	M	
labrador/shepherd	1	F	2 yrs.
labrador mix	1	M	1 year
lhasa apso	1	M	
pointer mix	1	M	
poodle mix	1	F	6 yrs.
retriever, golden	1	M	6 yrs.
shepherd, German	1	M	
shepherd mix	1	F	3 yrs.
spaniel mix	1	F	4 yrs.

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Traffic

Continued from front page
Robert Twist said people coming from U.C. Berkeley and the Lawrence Hall of Science use Masonic Avenue to get to communities to the north, rather than use Interstate 880 which is usually congested.
Councilmember Robert Nichols, who favors the commute hour restriction, said the city needs to develop a traffic management plan to deal with the inevitable traffic through city streets rather than continue to "spot fix" problems as they arise.
The Traffic and Safety Commission, along with the Public Works Department will look at placing similar "No Left Turn" signs at Key Route Boulevard and other side streets that could be used by northbound drivers as alternative routes to Masonic Avenue. This would force traffic to continue along Santa Fe to Solano Avenue.
Some streets are too narrow to handle increased commute traffic, Nichols said. It's better to

have one street handling most of the traffic and devote enforcement there, he added.
"There isn't a street in Albany that's designed to take the amount of traffic that's flowing through," Councilmember Ed McManus said.
Mayor Henry Kruse supports the plan. "We have to do a positive thing." A traffic management plan would "not just tell people where they can't go but also where they can," he said.
The council also considered installing stop signs on Santa Fe Avenue at Thousand Oaks Boulevard but decided, in a split vote, to hold off until the traffic management plan had been considered.
The council was unanimous, however, when deciding to install another set of stop signs on Jackson Street at Washington Avenue making it a four-way stop.
As with the Santa Fe stop sign request, the Traffic and Safety

Commission and Police Chief Larry Murdo support the installation but Public Works Director Lefler said neither intersection had enough traffic or accident warrant the new stop signs.
In other council action:
• A 30-day trial live entrance permit was approved. Khayam's Chelo Kabab, 10 Solano Ave. Non-amplified music on Friday, Saturday and Sunday between 8 p.m. and 1 a.m. will be allowed. If no noise or other problems arise during the period, a permanent permit will be issued.
• Six people took out pay for the April City Council election. They are: Elizabeth Ball, Waterfront Committee chair; Cain, Park and Recreation Commission chair; Jack Deuster, Chamber of Commerce; Evan Flavell, Arts Commission chair and Traffic and Safety Commission; and Robert Lugo, Planning and Zoning Commission.

Police report

Continued from page 2
steal a purse from a woman's arm by force while she was at the corner of San Pablo and Manila.
• Someone smashed the driver's side window of a 1989 Volkswagen parked on the 1700 block of Liberty. The thief gained entry to the vehicle and stole a radio valued at \$200.
• An unknown person smashed the passenger window of a vehicle parked on the 1700 block of Eastshore Boulevard Jan. 10 and stole \$135 worth of items.
• Someone stole a book bag valued at \$45 from a car parked in its driveway in the 700 block of Liberty Jan. 10 after smashing the rear window to gain entry.

• An unknown person stole a 1970 Toyota Celica Jan. 10 which had been parked unlocked at the victim's residence on the 500 block of Kearney.
• Also Jan. 10 an unknown man, aged between 25 and 30, approached a woman in front of the Food Bowl and grabbed her purse. He obtained the purse after stabbing the victim with an ice pick. The suspect is wanted for armed robbery.
• Someone removed the exterior car lock and stole \$20 worth of items from a car parked on the 400 block of Kearney Jan. 11.
• In the last week shoplifting incidents have been reported at

Payless, Food Bowl, Capewell's and Safeway.
Miscellaneous Mischief
• Someone punctured two tires of a vehicle parked in Carrow's Restaurant lot Jan. 10. Damage was estimated at \$140.
• An unknown person scratched the window of Subway Sandwiches Jan. 8 causing \$400 worth of damage.
• A man was arrested in the 5900 block of Avila Street Jan. 10 for striking his common law wife and causing injury to a child.
• Jan. 11 an unknown person threw a rock and broke a window of a home in the 800 block Ashbury causing \$100 in damage.

E.C. frosh cagers win two out of three in close games

Don August

Journal

EL CERRITO — A busy schedule of games took its toll on the El Cerrito Gauchos freshman basketball team last week. They lost two of their three games with a couple of nail biters as the nature.

Their only victory came at the beginning of the week when they defeated visiting Antioch 45-43. They won momentarily placed their record at 2-1 in league play.

This game belonged to Dirk Lacy who erupted for 17 points while gathering in seven rebounds. It was his third quarter that helped lift the Gauchos, leading 24-15 at intermission. Lacy put in seven of his points in the period, helping his teammates to a 35-25 lead. The lead was very close to being lost in a fourth quarter comeback by Antioch. The Gauchos were outscored 18-10 in the period but won, Kwanza Gragg and Taja

'This game belonged to Dirk Lacy who erupted for 17 points while gathering in seven rebounds. It was his third quarter that helped lift the Gauchos'

Hamilton who scored when it counted. Hamilton scored six points and Gragg four accounting for all 10 of the Gauchos points.

In Game Two Pittsburg was the opponent and 6-foot, 3-inch Will Taylor was the Gaucho killer. Taylor poured in an incredible 40 points to beat El Cerrito 76-56. It was one bad quarter — the third — that did the Gauchos in.

El Cerrito stayed with Pittsburg for the first half, trailing 31-26 at

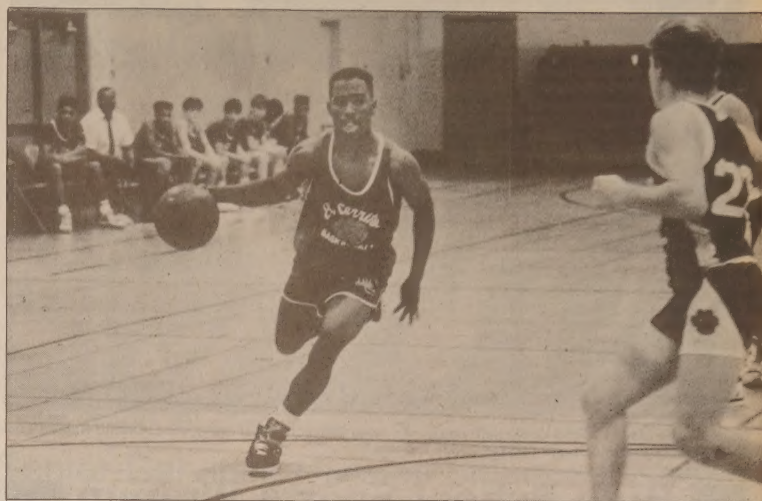
the break. Then Pittsburg scored 24 points and held the Gauchos to eight, spreading the lead to 21 points going into the fourth.

The fourth period was virtually even but the deficit stayed the same. Pittsburg won 76-56 evening up the Gaucho week at 1-1. Standing out in the loss was Joey Pearce who rebounded from his off-game against Antioch by scoring a team high 24 points. Combating that, the Gauchos shot only 18 percent from the floor culminating in the loss.

Finally, Clayton Valley came calling into the Gaucho arena and played the Gauchos straight up from tip to buzzer before winning 48-45.

Again Pearce was on his game and the Gauchos got off to a quick and early start. The Gauchos led 10-9 after one quarter and 24-21 at the intermission.

It was the third quarter that would decide it. This time the Gauchos only scored seven



Dirk Lacy

points. When Clayton Valley scored 12 the end was near.

Trailing 34-31 going into the final quarter, the Gauchos played it well but could only make a mild

run, losing 49-45. Once again it was Pearce who led the offense for El Cerrito, totalling 17 points with Kyle Tanamachi scoring 15. Dirk Lacy grabbed down eight

rebounds.

The Gauchos now find themselves with a 2-3 record in league play.

Albany girls basketball faced tough losses but Holmes shined

Don August

Journal

ALBANY — The Albany High School girls basketball team had high luck in a couple of games last week but their star shooter Tammy Holmes stood out despite the pair of losses dealt to the Cougars.

It was a rough two quarters that hurt the Cougars' chances in their first game of the week. They

fell victim to Holy Names High School 52-25 in a game the Cougars led after one quarter.

Holmes began her monster week by igniting the Albany offense with seven points in the first quarter, helping the Cougars score just three points while Holy Names ran off 22 for a lead of 27-14 at the halftime break.

More trouble mounted for Albany in the third quarter when they were shut out and gave up 11

points on the defensive end. The result was a 38-14 deficit heading into the final quarter. The Cougars hung in there in the fourth, nearly matching the scoring of Holy Names. Holmes scored nine of the Cougars' 13 quarter points. The final showed the Cougars on the short end of the scoreboard. Holmes accumulated 16 of her team's points. Kim Roundtree scored the next high with five points.

Then it was home for Albany as they hosted Encinal. This one was wild from the start.

Albany jumped to an early lead with an 11-7 advantage after one quarter. (Holmes hit eight of them.) Encinal got back a little closer in the second quarter, outscoring the Cougars 10-7. The Cougars went three minutes without scoring after holding a 17-13 lead and at the first half buzzer showed an 18-17 lead for

Albany.

Holmes came out smoking in quarter No. 3 but so did the Jets and they matched points throughout.

The Jets, however, got the best of Holmes in the period, scoring 14 points to Albany's 13 and it was a dog fight after three with Encinal leading 32-31.

The Cougars battled gamely the entire fourth quarter matching buckets with the Jets to a 35-34

lead with three minutes to play. That's when trouble came for Albany. Tammy Holmes fouled out and the Cougars were unable to score from then on. The Jets weren't prolific on the scoring end themselves but managed to hold on for a 38-35 win.

Albany, whose record now falls to 0-3 in league and 1-5 overall, was led by Holmes' 22 points. The next highest point total came from Ginsi Bryant whose five points came from the free throw line. Shannon Qualls played tough defense down low.

On the week Albany scored 60 points with 38 of them coming from Holmes and nine from Roundtree.

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Despite good play by Alisha Lopez (left) and goalie Jerec Sancedo (lower right), the El Cerrito women's soccer team lost to Antioch and Clayton Valley last week

High School Sports Wrapup

Wrestling

ALBANY — The Cougar grapplers brought their 4-0 record into league play last week as they took Benicia 51-9. Winners for Albany included Andy Outis (by 12-8 decision), Emmeil Davis (12-6), Kian Lavassani (forfeit), Russell Kobayashi (pin), Mike McCombe (forfeit), Jacob Clark (pin), Jose Fernandez (10-6), Wolfgang Chincarini (pin), Danny Morales (14-5) and Yohan Callen by pin.

In the Freshman-Sophomore Tournament held by Albany, the Cougars placed four top finishers. They were led by Tim Zisman and Jose Fernandez who both went unbeaten to take first place in their respective weight classes. Danny Collier took a second and Emmeil Davis a third.

Soccer

EL CERRITO — The Gauchos women's soccer team had a scoreless week, losing to Antioch 1-0 and to Clayton Valley 5-0.

El Cerrito played good defense against Clayton Valley. Gauchos Jennifer Wilson, Alisha Lopez and Rosemary Healy each played well despite the loss as did goalie Jerec Sancedo. But it was against Antioch that Sancedo had her

best game allowing one goal and drawing raves from the opposing coach.

ALBANY — The Cougars took their 2-1 league record against Piedmont (0-2) and kicked a shutout to defeat the Scots 3-0.

Thomas Granhof had two goals including one he headed in and Jeb Holt kicked the other. Albany rolled on behind the goalkeeping of Toby Diggs.

Granhof was on the attack all day, constantly staying in the face of the goalie, as were Holt and the rest of the Cougar attackers.

J.V. basketball

EL CERRITO — The junior varsity Gauchos raised their record in league to 3-1 with a pair of close wins. First, they defeated Antioch 56-51 behind Jermaine Terrell's 16 points. Tony Alvarado scored 14 points and Will Gasper had 11.

They used clutch free throws by Ron Porter to seal a 54-49 win over Clayton Valley. Gasper led the way with 16 points, followed by Alvarado with 10 and Morris Breauard and Josh Myers with eight. Gasper had six blocked shots and 12 rebounds.

Calendar

Albany Lions Club 22nd annual crab feed will be held Jan. 26 at 6:30 p.m. at the Veterans Building in Memorial Park. All you can eat crab and garnishments will be served.

Many prizes will be won in the raffle followed by dancing until midnight. Tickets are a bargain \$17.

Albany Young Actors' Ensemble makes its debut with two Sam Shepard plays, *Suicide in B Flat* and *Fourteen Hundred Thousand*, Jan. 18, 19 and 20 at 8 p.m. at the Albany Little Theater. Admission is \$3 and \$2 for students.

The Ensemble is managed, directed and acted by students. Albany High School senior Paul Woodson directed the Shepard plays.

East Bay Home Economists in Homemaking will meet Jan. 24 at 7:30 p.m. at the home of Elaine Clarke of Kensington. Mary Fujii of the U.C. Agricultural Extension will give a *Nutritional Update*. Call 841-3213 for information.

Picture Book Time, a winter series of reading for preschoolers at the Kensington Library, continues each Tuesday afternoon at 1 p.m. through March 27.

The Kensington Library is at 61 Arlington Ave.

Albany-Berkeley Independent Elders Network will conduct interviews with elders through March to document unmet needs or barriers to independence. People 60 and over are encouraged to participate.

Call 548-7710 for information.

Drop-in volleyball, sponsored by the Albany Recreation Department, is played Wednesdays through June from 7 to 9 p.m. at the Albany Middle School Gym.

Youth basketball and indoor soccer teams are also being organized. For information call 528-5740.

Applied heart is the subject of a class beginning Jan. 18 from 7 to 10

p.m. at New Pieces on Solano Avenue. Charlotte Patera will teach the basic technique of making a wreathed heart. For information call 527-6779.

North Berkeley Senior Center sponsors cultural and health programs of interest to seniors Monday through Friday from 8 a.m. to 5 p.m.

The health talk on Jan. 18 at 1 p.m. is *Self-help Alzheimer Training*. There will be a psychic demonstration Jan. 24 at 1 p.m.

The center is at 1901 Hearst St. For information call 644-6107.

A Stop Smoking Clinic is offered by the American Cancer Society beginning Jan. 22 from 7:30 to 9:30 p.m. at Kaiser Hospital in Richmond. Classes are held Monday and Thursday for six sessions. Call 525-6801 for information.

Crestmont School, a non-profit cooperative, will hold an information night Jan. 18 at 7:30 p.m. Teachers and parents will describe school programs.

For information call Nel Benningshof at 233-9135.

Owner Builder Center in Berkeley will hold a workshop on *Hardwood Floor Refinishing* led by Hal Howards Jan. 20 from 9 a.m. to 4:30 p.m. For information call 848-8860.

Andrea Freedman, author of *Bridging the Global Gap*, will speak on global communication among people as a way of fighting poverty and injustice in the world Jan. 25 at 7:30 p.m. at Easy Going Travel Shop on Shattuck Avenue in Berkeley. For information call 843-3533.

California Writers' Club will meet

Jan. 20 at 11 a.m. at Spence Berkeley. Dorothy Stroup, author of *In the Autumn Wind*, will speak. For information call 841-1212 or 527-3998.

A free lecture on mistaken perceptions and common thinking sponsored by the East Bay Society, will be held Jan. 19 from 10 p.m. at Le Conte Hall on the Berkeley campus.

Cognitive Illusions is the title of the lecture by Dr. John Ruch, chair of the department of psychology at Mills College. For information call 420-0202.

Trinity Chamber Concerts French hornist Richard Burd will concert Jan. 20 at 8 p.m. at the Chapel, 2320 Dana St., Berkeley. Admission is \$8 general and \$5 for students and seniors. For information call 549-3864.

The Hilliard Ensemble, a vocal chamber group, will sing at 2 p.m. in Hertz Hall on the Berkeley campus. The program is titled *Pastimes to Delight the Mind*. The ensemble sponsored by the Berkeley Music Center. For information call 642-9988.

City Commons Club meets at noon. Associate Justice Mosk, California Supreme Court, will speak on *Toward a Gentler Supreme Court*. For information call Nick at 841-5577.

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Journal — Mark Koehler

Chamber mixer

Joyce Odlin (left) joined Patricia Mills, administrator of the recently-opened El Cerrito Royale, at an El Cerrito Chamber of Commerce mixer recently. Odlin's husband, Verne, was just elected for another term as chamber president. The installation dinner will be held Friday (6:30 cocktails; 7:30 dinner) at El Cerrito City Club, 1600 Kearney St.

The Journal

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Albany Rec Department offers classes

The City of Albany Recreation and Community Services Department is offering recreation classes for youth and adults this winter beginning in mid-January.

Classes include barefoot dancing, beginning piano, bumper bowling, ballet, gadgets and toys, pottery, journal writing, magic, science discovery, tap dance, youth art and tennis.

Offerings for adults are art exploration, Everything You Ever Wanted to Know About Writing, pottery, piano and keyboard, fly fishing, fly tying, pastel and charcoal workshop, watercolor, tennis and yoga.

To register for classes or for information on special events and trips call 528-5740.

City Hall Newslines

Community center supporters start fund raising

By E. J. Koch

City of Albany

Albany Center Builders, Inc., will begin their fund raising efforts for the new library and community center with a patio paving party Jan. 27 at 7 p.m. in Golden Gate Fields' Turf Club. Guests at the free event will swing to the tunes of Dick Oxtot's Golden Age Jazz Band and be treated to champagne, hors d'oeuvres and a no host bar, all compliments of Golden Gate Fields.

People wishing to support the cause can purchase tiles that will pave the courtyard of the new Albany center. Tiles are 4 inches by 12 inches and can bear three to four lines of print.

Donors may take a shot at determining where

their tiles will be laid and will receive enamel pins bearing the Albany center logo.

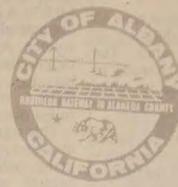
Albany Center Builders treasurer Kim Fletcher said all fund raising efforts by this non-profit organization are "integral and essential" to the city to receive Proposition 85 state grant funds toward the construction of the library.

Formerly Alta Bates Hospital, the new Community Center and Library will be located at the corner of Marin and Masonic avenues. The new library will house an expanded collection as well as space for children's story time.

The community center portion of the building will contain a multi-purpose room and kitchen that will seat 200 and classrooms for community meetings and recreational programs.

The facility will also provide space for child care and an emergency operations center and a cable television studio. Phase I of the project is slated to begin this spring.

Albany Center Builders plans other fund raising events to benefit the new facilities. Watch *The Journal* or call 528-5710 for information.



Senior Services Division still going strong

By Eileen Duffy

City of El Cerrito

For 15 years the city has recognized the special needs of its senior residents through the Senior Services Division of the Community Services Department. "After so many years we tend to assume that everyone has heard of us and knows what we do," said Katie Lewis, senior services manager. "Of course this isn't true. We have many people new to the area. We need to get the word out that we are here."



Dial-A-Ride

Dial-A-Ride vans seen throughout El Cerrito are the most visible indications of the city's concern for its elder and disabled citizens. It is a wheelchair-accessible van service for appointments, medical visits, shopping and errands. It is available Monday through Friday from 9:30 a.m. to 4 p.m. To arrange transportation, call 526-6744.

"The Open House"

"The Open House" Senior Center is a place for older adults to gather. It is used by some as a place to meet a friend and share a cup of coffee. Many come for information about local and state programs for seniors. Some come for lunch. Others come to volunteer. The center provides a place and programs for the vigorous and independent as well as those with special needs.

Programs are varied but always include fitness classes and dance, the arts, music and group travel. Bingo and bridge are popular programs at the center.

There are also health screening, podiatrist visits,

a blood pressure clinic and seminars on a variety of health topics. Weekly visits are made by a barber and a hairdresser. Adult education and college classes are also offered. A delicious hot lunch is served daily.

There is a special program for persons with Alzheimer's disease and other illnesses involving memory loss. There is a support group for caregivers to the victims of such diseases.

Special Care Needs

Sudden changes in your life may mean you have needs that could not be foreseen. El Cerrito Senior Services wants to help. If you are homebound, ill or have recently returned from the hospital, home-delivered meals are available, and self-help items such as walkers or canes, wheelchairs and telephone amplifiers are obtainable on loan.

If you are unable to care for your yard or need assistance with personal care, housework or home repairs in order to live independently, Senior Services can suggest someone who may be just the person to do your job.

A case management service is also available. It is a process that links clients with needed services. If you are at a loss about what may be available to help you or an elderly relative, a staff member will talk with you and help you assess your individual situation and work toward a solution.

The staff and trained volunteers at "The Open House" Senior Center are available to answer questions and offer counseling and referral regarding special resources and services for older residents.

The best way to keep up with what is going on at "The Open House" and Senior Services Division is to read the "60 Plus Bulletin."

To receive this monthly newsletter or more information about any of the services or programs mentioned, drop by and talk to Katie Lewis or any of the Senior Services staff at The Open House at 6500 Stockton Ave. (behind the El Cerrito Library) or call 526-6744.

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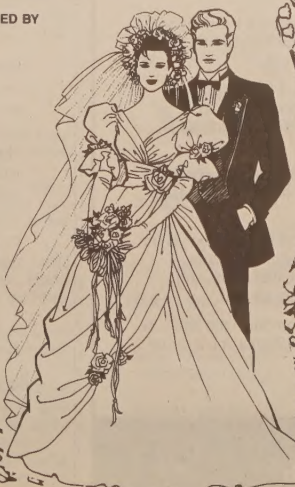
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Working Together

By Helen Tinsley

Coping with holiday letdown

The holidays are really hard on me. It's difficult enough going through the stress of preparing for them, but now I feel faced with the aftereffects. Now that it's all over I feel plain rotten and financially in debt.

You sound in debt not only financially but also emotionally. In other words, during the holiday season you depleted your emotional and physical resources; you used more energy and at a faster pace than you replaced it. If you are like many of us, your life between Thanksgiving and New Year's reads something like this:

- Take a day or two off from work, but generally maintain the same work schedule and continue your normal daily activities such as shopping, cooking and caring for your family.

- Add several hours (days?) of holiday shopping, wrapping and mailing of packages and cards. Remember the time spent decorating the house and then dismantling and repacking the decorations.

- Add the time and energy used attending parties and events (didn't it seem as if every group decided to have a Christmas event?).

- Add the stress of cooking, cleaning and consuming unusual types and quantities of food and alcohol.

- Add the stress of having to spend time with relatives whom you may have to pick up (and drop off) at San Francisco airport and with whom you end up fighting about old family issues.

- Add the fact that holiday times are the trigger for old memories, some not so good, and for realizing that expectations we have had about our lives are not being met.

Given all of the above (and I'm sure you could add more items) it's amazing that we manage to

enjoy the holidays at all. Let me offer a few suggestions that may enhance your holiday enjoyment next year.

This actually is a good time to do this planning — while it's all still fresh in your mind. The passage of the months tends to cloud our memories and we make the same holiday mistakes repeatedly.

1. If finances are an issue, decide what you can reasonably spend and stay within that limit. Although the desire to overbuy is compelling, you may find that your gifts are just as appreciated if you stay within your budget. And the depression that hits when the bills come due in January and February may be minimized. You might consider opening a holiday account and saving a certain amount of money each month.

2. Decide that you really cannot do it all. Instead evaluate what your priorities are — what holiday events or traditions do you really value? Which ones give you genuine pleasure? Which ones should you eliminate? Maybe some are too stressful or have outlived their usefulness to you. Write them down and attach this list to the November page of your 1990 calendar where you can review it before the next holiday season begins. Adding a list of traditions and events you don't want to repeat and why is helpful.

3. Take special care of yourself. The added stresses mentioned before put large demands on you. Pamper yourself. Happy New Year!

"Working Together" is a monthly advice column on family problems by psychotherapist Helen Tinsley. Tinsley is a licensed clinical social worker and therapist at Kaiser Hospital. She maintains a private practice in El Cerrito.

Send letters to 609 Kearney St., El Cerrito 94530.

El Cerrito Discover Shop helps Cancer Society

There is a group of volunteers working in El Cerrito that few people know about. They are the men and women who work for the American Cancer Society Discover Shop at 10313 San Pablo Ave., more commonly known as a thrift store. Their duties include selling, sorting, pricing, locating saleable merchandise and other jobs that turn up in the course of running a store.

The volunteers are supervised by Noma Jamond who works many hours to keep the shop attractive and see that things run smoothly and happily. Merchandise sold in the store is donated by generous and caring people living in and outside of the area.

Clothes remain the primary attraction but customers can also

find collectibles, antiques, art and household items including dishes, glasses, furniture, clock and bric-a-brac. Potted plants and other nursery items are sometimes available.

Everyone is working together to earn money to fight the battle against cancer.

Early in December a Christmas wine and cheese party was given by the shop to honor the donors who gave generous amounts of merchandise during the year. The shop, thanks to the manager, looked pretty with many colorful decorations on the walls as well as the ones for sale. More than 60 volunteers work in one category or another. New people are always welcome and always needed.

Call 527-1469 for information.

CD investors may want to look to new options

Almost all investors whose certificates of deposit come due choose to roll them over to new CDs. These occurrences are so pervasive that nearly 98 percent of bank CDs totalling \$30 billion to \$50 billion are rolled over during a typical month.

The flood of investors who turned to CDs for safety after the stock market crash in October 1987 have contributed dramatically to outstanding CD volume. As a result currently \$80 billion-plus in extra CDs are coming due, representing two-year CDs, or one-year CDs that were rolled over last year.

This scenario has presented CD investors with a quandary. Since many pulled assets out of the capital markets — equities, mutual funds, municipal and corporate bonds — in the wake of the 1987 crash, they may now own inadequately diversified portfolios that are not well-matched to their long-term objectives.

CD investors may therefore want to take a careful look at the other choices before them. Some of the alternatives particularly attractive at this time are discussed here. Keep in mind that there is a relationship between risk and return and some of these suggestions may have a higher degree of risk than CDs with a potential for a correspondingly higher yield. In other cases, however, higher after-tax returns can be obtained without a significant increase in risk — short- or intermediate-term high-grade municipal bonds, for example.

Equities or equity mutual funds. It is generally prudent for investors to have some of their money in stocks as part of a well-diversified portfolio. While investors who put their money in CDs a year ago received average returns of about 8 percent, many

Money Matters

By Christian F. Hausser



who went into stocks enjoyed a much higher total return. Since stocks offer the greatest long-term growth potential and are an effective hedge against inflation, wary investors may not want to exclude them entirely from their portfolios.

If you cannot afford to diversify your portfolio with different stock issues because you have a smaller amount of capital to invest, consider participating in an equity mutual fund. Usually, for a minimum initial investment of \$1,000, you can obtain a professionally-managed, diversified portfolio of various stocks.

Mutual funds are especially convenient for people who do not want to rely on their own stock-picking ability. Full-time professionals select the portfolio's securities and constantly monitor each fund's investments so that they continue to meet the fund's objectives.

Professional management can also identify opportunities in the market the typical investor may not have the expertise or access to identify. The objective of each fund is explained in the fund's prospectus. It should be read carefully before investing.

Corporate or Municipal Bonds. Bonds represent a debtor-creditor relationship between an investor and a borrower. When an investor lends money to a corporation or to the government, the debt is evidenced by a bond cer-

tificate or book entry stating that the principal amount will be paid back on a certain date and that a stated rate of interest will be paid at regular intervals, usually semi-annually. Investors who want to earn fixed income find this feature very convenient.

Corporate bonds generally pay an attractive rate of interest on specific dates, mature at full face value (\$1,000) on a stated future date, have good liquidity and are backed by the credit strength of some of America's largest corporations.

Municipal bonds are especially attractive to investors because the interest paid is exempt from federal income tax. And, in most states of issue, the interest can be exempt from state and local taxes, too. You may invest in municipal bonds directly (minimum denomination is usually \$5,000) or through specialized tax-exempt funds or unit trusts.

Because the value of your bonds will fall if interest rates rise, a conservative investor may wish to minimize interest rate risk. Often that may be accomplished by purchasing bonds with "laddered" maturities. This simply means purchasing bonds with serial maturities — that is, issues that come due at equally-spaced intervals. If interest rates

rise you will benefit by getting back some of your capital reinvest at higher rates every year.

Deferred Annuities. An annuity is a contract in which all interest earnings accumulate on a tax-deferred basis. Annuities can also provide a guaranteed income stream, beginning immediately or at some time in the future. The structure of payments is flexible: investors choose an income that lasts a year or for as long as they live.

For accumulation purposes there are two different types of deferred annuities: fixed and variable. A fixed annuity pays a fixed rate of return which is guaranteed by the insurance company for a specific number of years. With a fixed annuity there is no market risk and in most cases principal is 100 percent guaranteed at all times by the issuing life insurance company.

A variable annuity offers a choice of professionally-managed mutual fund portfolios. Return on a variable annuity varies with the performance of the investment selected. Although principal is not guaranteed during the accumulation phase, at death beneficiaries are guaranteed to receive the accumulated value of the policy or the sum of all cash payments, whichever is greater. These features are outlined in the annuity prospectus.

Either way, fixed or variable deferred annuities are a great savings plan which provides guarantees and income benefits that can lead to having more money available in retirement.

See MONEY on page 9

ALTA BATES / HERRICK HOSPITAL THE OPTIFASTSM Program

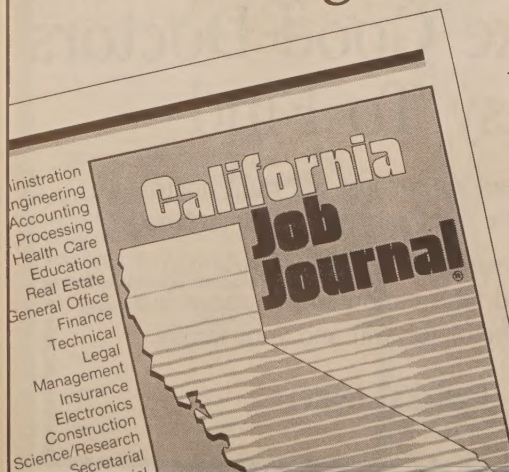
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RESTAURANT GUIDE

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East Bay Dining

By Michael S. Holmes

WALKER'S RESTAURANT AND PIE SHOP

If you have been in the Bay Area for any length of time you have undoubtedly heard of Walker's Restaurant and Pie Shop and if you have asked for home cooking served with a smile you have eaten here many times.

Dolly Walker and her brother Doug have run this homestyle restaurant since 1964 in the same location with essentially the same wholesome and down-to-earth menu that their dad started with in 1917. Their loyal customers span three generations and then some. My first visit took place in 1965 as a Saint Mary's high school senior.

Breakfast served Tuesday through Saturday includes: ham and eggs, bacon and cheese and plain omelets served with hash browns, buttered toast and jam; French toast with bacon and eggs; and the granddaddy, consisting of ham, bacon or sausage, two eggs any style, hash browns, toast and jam.

The lunch menu at Walker's takes two full pages to list old time favorites and daily specials. Salads and soup, dieter's specials, comfort lunches and burger classics are only a portion of what you will find offered at Walker's. The sandwich selection alone has eight choices from roast beef or ham to tuna and bacon cheese all served on white, wheat or rye.

Dinners at Walker's are under the heading of "Complete Dinners," obvious understatement. Entrees include; a 10-ounce cut New York steak; double cut prime rib; smoked tavern ham with grilled pineapple; and red snapper (grilled or poached); and the fresh catch of the day. Our entree includes homemade soup, tossed green salad or molded potato salad, house-made rolls, vegetables and potato and a "slice of famous pie" at no extra cost.

Walker's Restaurant and Pie Shop is located at 1491 Solano Ave. in Albany and open for breakfast Tuesday through Saturday 8 a.m. to 11 a.m., lunch Tuesday through Saturday 11 a.m. to 3 p.m., dinner Tuesday through Thursday 5 p.m. to 8 p.m., Friday and Saturday 5 p.m. to 8 p.m., and Sunday dinner 5 p.m. to 8 p.m. for additional information or to order food to go please call 525-4647.

GERTIE'S CHESAPEAKE BAY CAFE

The finest East Coast styled seafood is being served seven days a week at Gertie's in a quiet, non-rushed atmosphere. A superb selection of fresh Maryland crab — enough to make any Easterner homesick — is a blend of foods from California and Louisiana offer the diner a wide selection of entrees, appetizers and desserts. Seafood being my favorite, I intensely enjoyed the Eastern clam chowder consisting of a very large bowl of clams in a white wine, garlic and tomato sauce with an appetizer. My entree of crab cakes with its ginger and black pepper seasoning was superb.

Gertie's is not the typical California cuisine restaurant; be advised the food is unique in taste because it is prepared in the manner of the other region of the country; but if you are interested in new experiences, you will not be disappointed.

A special night to remember is Tuesday for the clam bake dinner that includes steamed clams and mussels, one and one half pound Maine lobster, a house salad and strawberry shortcake — a special night in January.

Gertie's is located at 1919 Addison St. in Berkeley and is open for breakfast Monday through Friday 11:30 a.m. to 2:30 p.m., for brunch on Saturday 10:30 a.m. to 2 p.m. and for dinner Monday through Thursday 5 p.m. to 11 p.m., Friday and Saturday 5:30 to 11 p.m. and Sunday 4:30 to 10 p.m. For reservations please phone 841-CRAB.

THE FAT LADY BAR AND RESTAURANT

The Fat Lady Bar and Restaurant, near Jack London Square in Oakland, has been the premier business person's lunch spot for over 20 years. Enhancing this reputation is the addition of serving breakfast on Saturdays.

The tempting breakfast menu includes pancakes, omelets, a delicious eggs benedict and delicious French toast. Saturday lunches include hearty sandwiches and salads.

The Saturday breakfast and lunch hours are 8 a.m. to 2:30 p.m. and a delicious lunch menu is served Monday through Friday 11:30 a.m. to 2 p.m. and as always there is Big Screen TV. The Fat Lady Bar and Restaurant is located at 201 Washington St. in Oakland near Jack London Square. The phone number is 465-4996.

JUMERS HIDDEN COTTAGE

Located in a vine-covered brick courtyard, Jumers Hidden Cottage is one of Alameda's secret treasures. Serving breakfast, lunch and dinner in cozy Swedish decor dining rooms, the food is wholesome and prepared home cooking by chef Thomas Lockett.

The fresh fish catch of the day and Midwest corn fed beef form the basis of the menu along with the chef's favorite of fettuccine seafood which includes shrimp, scallops, baby clams, fresh vegetables and garlic buttery cream sauce.

Highlights on the menu include the baked ham dinner; the standing rib; the 10-ounce New York steak dinner topped with green beans and mushrooms; and the soup of the day. My meal was the split soup with ham and a dinner salad. I was cautioned by owner Cindy Gagliardi to "save some room for apple cobbler," which was indeed working room for.

The upstairs dining room is quiet and romantic with the back wall and with 100 wine lockers that are rented to customers. Your own private reserve in a special restaurant.

Jumers Hidden Cottage is located at 1332 Park Street in Redwood City. It is open Monday through Friday for breakfast and lunch 10 a.m. to 2:30 p.m. and dinner from 5 p.m. to 9 p.m. Saturdays it is open from 8 a.m. to 2 p.m. and again from 5 p.m. to 9 p.m. Sunday brunch is served 8 a.m. to 2 p.m. For additional information and reservations please phone 769-7306.

HOLY LAND, KOSHER RESTAURANT

Also and Haya Mizrahi, husband and wife, owners of Holy Land Restaurant, came to America 3 years ago with a dream of opening a kosher restaurant for all people to enjoy this high quality and healthy food.

Kosher certified by Oakland Supervisor, Rabbi Howard A. Zack, Holy Land serves a variety of salads, appetizers, soups, pitas and main course dinners which include: soup, green salad, rice or homemade french fries.

The lunch consisted of humus with tehina (sesame seed dip), a cold tomato salad, stuffed grape leaves, Israeli pickles and olives, falafel and homemade pita bread all beautifully presented and perfectly prepared by this charming couple.

Also on the menu are gefilte fish and stuffed cabbage (both come with pita bread), beef shishlik, schnitzel, kabob, stuffed bell pepper, corned egg plant and matzo ball chicken soup.

All items on the menu are available for take out and Holy Land does cater throughout the Bay Area. The restaurant is glatt kosher which is the highest standard for a kosher restaurant. No dairy products are served and smoking is not permitted on the premises.

Holy Land is located at 677 Rand Ave. in Oakland and open Sunday through Thursday 11 a.m. to 10 p.m., Friday 10 a.m. to 4 p.m. and Saturday. The phone number is 272-0535.

ALI'S

The beauty, grace and elegance of North Africa and the Middle East can be found at Ali's in Kensington. The incredible interior design is only an introduction to this culinary cultural experience that can only be described as Moroccan Romantic.

The menu boasts the finest in cuisines from Tunisia, Algeria, Morocco and the Middle East. Meals begin with a delightful assortment of Mezza which can include harira — a traditional soup; pil pil — sautéed prawns with fresh herbs and tomatoes; and kabenaya — ground lean lamb seasoned with spices and served raw like steak tartare with pita bread.

Entrees from the grill include shish taouk — grilled fillet of chicken breast in lemon juice, basil and olive oil and rack of lamb. Other specialties are braised and include: chicken oasis — braised chicken in honey sauce with Medjool dates; Tagine Saudi — braised lamb with tomato and okra; and Tagine Jerusalem — chunks of lamb braised with Jerusalem artichokes.

In addition to these dishes there are many couscous, curry and vegetarian dishes that will delight your palate and make your evening at Ali's unforgettable.

This exciting and different restaurant is located at 385 Colusa Avenue in Kensington and open seven days a week. The bar opens at 4 p.m. and dinner is served from 5 p.m. Ali's provides cultural live entertainment as well. For additional information and reservations please call 526-1500.



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"Romance and elegance are in high form at Ali's... From the moment you enter, a new world is experienced as not only the food but the overall ambience transports you to North Africa.—M. Holmes, The Montclairian

"I liked having so many dishes to choose from... a welcome departure from the set menus in the formulaic Moroccan restaurants we've had in the past...—P. Untermyer, San Francisco Chronicle

"The bastilla (minced chicken in filo pastry, dusted with powdered sugar) was, we all agreed, splendid! It was the lightest we'd ever encountered... The honey-basted grilled duck was rich, tender and delicious"—M. Goodwin and N. Wise, East Bay Express

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Oakland East Bay Symphony announces new season

The Oakland East Bay Symphony will offer an expanded 1990 performance schedule after last year's successful inaugural season. Joseph Silverstein, artistic advisor for the OEBS, announced recently the performance schedule for its second season, composed of a seven-concert series: four classical and three pops.

In addition to his role with the OEBS, Silverstein continues as music director of the Utah Symphony Orchestra.

This year the OEBS, which is currently searching for a permanent music director, will feature a prominent guest conductor at each performance. The season's performances will be held at the Paramount Theater in downtown Oakland and the Calvin Simmons Theater at Oakland's Henry J. Kaiser Convention Center.

The season's opening concert will be Feb. 16 and will feature the works of Brahms and Mozart as well as the East Bay premiere former Oakland Symphony, was also recipient of that award.

Curry has been a resident conductor of the Indianapolis Symphony and Baltimore Symphony Orchestras, and has been a guest conductor with several major orchestras throughout the country.

The program will feature Nathan Rubin, concertmaster for OEBS, performing Barber's *Violin Concerto* and a rarely heard performance of George Antheil's *A Jazz Symphony*.

Proceeds from the concert on May 18 will underwrite the symphony's music-in-school programs.

Pops concerts for the season will include two concerts conducted by Newton Wayland, principal pops conductor for the Oakland East Bay, Denver and Houston symphonies. The first concert will be an American salute with big band selections March 31.

Wayland's second appearance will be June 2 with selections featuring samba and jazz music.

The performance will also feature Canadian pianist Angela Cheng, the gold medal winner of the Arthur Rubinstein Competition. Robert Henderson, music director of the Arkansas Symphony, will conduct.

The second concert will be held March 1 and will be conducted by Michael Morgan. Morgan is now in his third season as affiliate artist assistant conductor of the Chicago Symphony Orchestra. Morgan has also conducted the New York City Opera and the

New York Philharmonic. This concert will include works by Tchaikovsky and Faure and will feature two works by young American composer Daron Hagen. OEBS will present the world premiere of Hagen's *Adagietto* from Symphony No. 1 and the West Coast premiere of his *Heliotrope*.

Hagen, 28, made his debut as a composer at 19 with the Philadelphia Orchestra. Winner of many prizes in composition, he is presently completing a commissioned work for the New York



William McGlaughlin

Philharmonic. William McGlaughlin, music director and conductor of the Kansas City Symphony, will conduct the third classical concert of the season April 20.

McGlaughlin, who hosts the popular National Public Radio music program "St. Paul Sunday Morning," will conduct the first Bay Area performance of *Sinfonia* by East Bay composer Ollie Wilson.

OEBS's final classical concert will be conducted by William Henry Curry, winner of the

Leopold Stokowski Competition. The late Simmons, music director of the concert will feature musicalian Pete Barbutti who appeared on *The Tonight Show*. Selections include works of PDQ Bach to *Peter and the Wolf*.

For season ticket information for the symphony's season performances call Paramount Theater, 2025 Broadway, Oakland, 465-6400 or Ticketmaster.

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Breuners January Home Sale offers you savings of hundreds, even thousands of dollars on the finest brand names, including Baker, Thomasville, Henredon, Karastan; when you can save much on the best, why even consider a discount on mediocrity?

King

Continued from page 4
by communists. FBI Director J. Edgar Hoover had King watched closely, calling him "the most notorious liar in the country."

While King was an inspiration for many blacks, others accused him of being too moderate, calling him an Uncle Tom and arguing that non-violence was useless in the face of white oppression.

Some whites, on the other hand, felt King was a radical. And King, in turn, accused white moderates of favoring order at the expense of justice.

Stories of King's extramarital affairs have caused controversy (and sold books) but have done little to tarnish his image.

"I guess he was a person like the rest of us," said a woman in Cody's recently. "He was a great man. Anyone who lets stories like that dim what he accomplished has a really small mind."

King was arrested, spat on, and punched. Burning crosses on his lawn became so commonplace that his wife and children learned to ignore them. His family survived a bombing of their home. A deranged black woman in a New York bookstore stabbed King, almost fatally, in 1958.

The one attack King did not survive came on April 4, 1968, when he was shot and killed by a white man with a rifle in Memphis, Tenn.

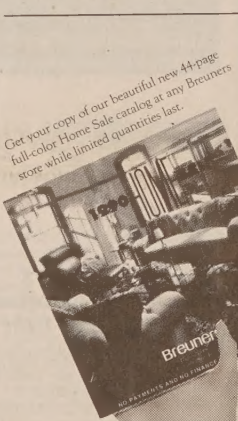
Money

Continued from page 8
future.

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Berkeley resident Christian F. Hauser is an investment consultant for the investment firm Smith Barney in Walnut Creek.



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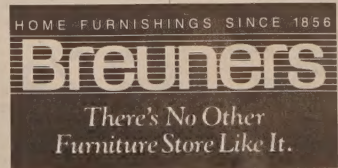
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Sale ends February 4, 1990. Sorry, no mail or phone orders. All prices are approximate. Interim markdowns may have been taken. Selection may vary by store. Due to limited availability of some stock items, delivery may take 4 weeks. Some items may be warranted by the manufacturer. A copy of the manufacturer's warranty may be obtained by writing to: Office of the Controller, Breuners, 3201 Folsom Way, San Ramon, CA 94583-1386. Limited quantities on some items. The Ralph Lauren Home Collection and items tagged "Best" are not included in sale pricing. Additional charge for delivery. Most items available for pick-up.

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Arts and Entertainment

Local actors deftly handle award-winning 'Rappaport'

Stage

'I'm Not Rappaport' at Contra Costa Civic Theatre, Mosser Lane at Pomona, El Cerrito. Plays Friday and Saturday at 8:30 p.m. through Feb. 24; Tuesdays 2 p.m. Jan. 28 and Feb. 11. Tickets are \$9. Reservations: 524-9132.

Phyllis Lyon

Two 81-year-old men talking on a park bench in New York City's Central Park may not seem like a riveting evening at the theater. Not to worry. *I'm Not Rappaport* as performed by Contra Costa Civic Theatre Company is a warm, witty and charming production of the 1986 award-winning play by Phyllis Lyon.

With virtuoso performances of Earl Meneweather II and Louis Flynn, the two memorable characters who dominate *I'm Not Rappaport*.

Meneweather is Midge, the served, black apartment house janitor whose job is made redundant by high tech real estate deals and heating systems. Flynn is Nat, the white Jewish former communist who hangs on to his independence for dear life

creating past and present fantasy lives to maintain his, and Midge's, sanity.

The two senior citizens meet daily on the park bench, sometimes yelling in the New York way, sometimes silent, philosophizing and singing. Their characters deepen as their funny, often prickly friendship grows. Nat cajoles and harangues the reluctant Midge to stand up and fight for his life. In the final touching scene it becomes apparent that Midge has learned the lesson well.

I'm Not Rappaport portrays the dangers of life in modern cities. It is also about people's fear for their own futures as old folks and gives a hint or two, humorous and otherwise, about how to do it right. Nat creates on the spot flimflam to keep control of his life and resist the ultimatum of his daughter, Clara.

He must, she says, come to live with her in a nice room in Great Neck, go to a, also nice, room in a rest home or go to the senior center, be checked up on daily and stay out of the park.

While delivering some knocks at "kindergarten" senior centers and warehouse rest homes, he outwits her, again, with the ridiculous story of an illegitimate

daughter in Israel.

Keeping his individuality and control up to the end, however bitter, is Nat's survival plan.

Having the only other scenes of pith and moment beside the main characters, Arlene Getz plays well as Clara, the harassed and concerned, but affectionate, daughter of an aging parent.

Dramatic action in *I'm Not Rappaport* is provided by the usual denizens of Central Park — the jogger, a young art student who has reneged on a drug deal with an evil drug pusher called The Cowboy and a greasy mugger who attempts to extort protection money from the two old men. Each man reacts typically to the threat — Nat by talking his way out and Midge by physical resistance. They come off as the survivors they are at heart.

Although violence in Central Park is a known reality, here it borders on melodrama, contrasting too sharply with the play's mild and humorous central plot to be credible. The gap between plot and subplot, inherent in the play, is made wider in CCCT's production by the just adequate performances of other supporting players.

Keith Bradley is Danforth, the jogger and communications ex-



Earl Meneweather II and Louis Flynn are Midge and Nat, old guys who meet daily in the Central Park

pert who spouts ununderstandable newspeak. (He is also a resident of Midge's apartment with whom Nat gleefully negotiates a fairy tale deal to save Midge's job.)

The artist is played by Elizabeth Jaffee, a stunning Princess Di lookalike. Paul Benson, as The Cowboy, and Don Mariano, as the knife-wielding

mugger, seem more callow in their roles than surly or menacing.

I'm Not Rappaport was directed by George Johnson. The single set with authentic El Cerrito autumn leaves and a stone bridge by the lake was designed by George Lowy.

The play then is not just two old geezers talking. Though the

play has underlying serious themes, it is first of all funny and entertaining. (A hint at the humor is that the title comes from an old Willie Howard vaudeville schtick.)

But in this production the bofo performances of Flynn and Meneweather are the ingredients that make *I'm Not Rappaport* definitely worth seeing.



So you're a critic ...

The cast of "The Musical Comedy Murders of 1940" prepares for its opening tonight at Walnut Creek Civic Repertory Co., State II Theatre, 1535 East St. Tickets are \$9 and \$10. Call 943-5862 for information.

'Speed of Darkness' races to Rep

'Breaking Away' author examines American society

The Speed of Darkness, Steve Tesich's evocative examination of American society, made its west coast debut Jan. 10 on Berkeley Rep's Mainstage.

Running through Feb. 17 the production will be directed by Berkeley Rep Associate Artistic Director Anthony Taccone.

Performances are Tuesday through Saturday at 8 p.m. and Sundays at 2 p.m. and 7 p.m. with additional matinees on four Thursdays and three Saturdays.

Tickets are priced between \$18 and \$24 depending on the day of the week. Preview tickets are \$14. Student, senior and group discounts are available and each Tuesday and Friday at noon a limited number of half-price tickets are available at the box office for cash-only purchase.

The Speed of Darkness focuses on Joe, a model husband and father, a respected member of his community, and a decorated combat veteran.

On the eve of receiving his award as South Dakota's Man of the Year, we begin to sense there is another, more turbulent story lying hidden beneath the placid surface of Joe's picturebook life.

It is a story created by the brutal legacy of Vietnam, the emotional trauma of coming home and the reluctance to be held accountable for one's actions.

When Joe's old war buddy Lou — now homeless and penniless — arrives, unannounced and unin-

'We begin to sense there is another, more turbulent story lying hidden beneath the placid surface of Joe's picture book life'

ited, his mysterious visit forces Joe to confront his past. Lou, who describes himself as M.I.A. — Missing in America — catalyzes the events that ultimately lead to an explosive revelation. *The Speed of Darkness*, Steve Tesich's first new play in over a decade, has been produced only once, in its 1989 premiere engagement at the Goodman Theater in Chicago.

The play was reviewed in *The Washington Times* as, "an important new piece of American mosaic that sifts for understanding of our recent past. It is among the new plays of the year."

Tesich, who won an Academy Award for his 1979 screenplay *Breaking Away*, also wrote the play *Division Street* and the screenplay for the film *The World According to Garp*.

Berkeley Rep Associate Artistic Director Anthony Taccone, fresh from directing the seldom pro-

duced Edward Bond play, *Saved*, at U.C. Berkeley's Zellerbach Playhouse, will direct a cast headed by Mike Genovese in the role of Joe.

Genovese, whose television and film credits include *L.A. Law*, *St. Elsewhere* and *Harlem Nights*, performs frequently at the Old Globe Theater, La Jolla Playhouse and the Mark Taper Forum in Southern California.

Ellen Crawford, an actress noted for her guest roles in *thirtysomething* and *Night Court*, will play Anne, Joe's wife.

Most recently Crawford was seen in the Old Globe Theater production of *Romeo and Juliet* where she and her husband in real life, Mike Genovese, played the roles of the Capulets.

Kristin Davis, who makes her Bay Area debut in the role of Joe and Anne's daughter, Mary, appeared in *Marco Polo* at Lincoln Center. Andrew Litzy, who made his Berkeley Rep debut this fall in *Reckless*, will play Eddie, Mary's boyfriend.

Rounding out the cast will be Robert Ernst as Lou, Joe's long-forgotten friend. Ernst, a co-founder of the Blake Street Hawkeyes in Berkeley, has many film and television productions to his credit and appears frequently in Bay Area theater.

Sets for *The Speed of Darkness* will be designed by Rob Greenberg, a recent graduate of

See REP on page 14

Despite closings, Peruvian fare can still be found in East Bay

Authentic South American food at Tambo Cafe

Among South American cuisines, those of Brazil and Argentina tend to be the best known by most Americans. But in the past few years there has been a culinary trend in the Bay Area which few have taken notice of — the rise of Peruvian cuisine.

Avenue, though Peruvian by heritage, has stopped serving Peruvian fare.

Still, there remains a pair of interesting places to try in this area if you want to sample the delights of Peruvian cooking: Tambo Cafe and El Tumi.

TAMBO CAFE, 1981 Shattuck Ave., Berkeley; 841-6884. Open Monday through Saturday, 11 a.m. to 9 p.m. (ignore their menu, which says 11 to 10.) No credit cards, but sometimes they take checks.

ATMOSPHERE: ★★
FOOD: ★★

This relatively new place boasts an effervescent atmosphere distinguished by friendly service and typically cheerful (and loud) Andean music.

Although Tambo's ambience is decidedly on the informal side (they serve on paper plates with plastic utensils), and you may be in for some unwelcome surprises (such as finding that the cook is not present or the restaurant is not open at times when its menu and sign tell you it should be),

you will definitely want to give this place a try.

This is so not only because Tambo serves up some interesting, typical Peruvian and Andean cuisine at bargain prices, but because its decor — with hand painted tables and pink chairs blending with three large South American weavings and a handful of pretty Peruvian prints — is interesting too.

Until recently, Tambo didn't offer too many different dishes — only half a dozen typical Peruvian and Andean entrees — but it has added a menu of daily lunch and dinner "specials."

These include a respectable rendition of our former Amaru favorite *ajo de gallino* — chicken strips sautéed in a spicy sauce of cheese, annatto oil and walnuts, served with egg, olives and boiled potatoes (\$6.50). This is one of the more innovative and delectable poultry courses you'll find around.

Loma saltado — Peru's popular dish of pan fried beef with tomatoes and onions (\$3.95

The East Bay's Best Ethnic Restaurants

By Richard and Linda Flamm

★★★★ Excellent ★★★ Very Good ★★ Good ★ Fair



as a lunch, \$6.50 as a dinner) is pretty good at Tambo, too, but not as interesting as *carapulca* (\$3.95 as a lunch).

This is an old Inca recipe made with spicy beef and mashed (freeze dried) potatoes. *Aguadito de pollo* — baked chicken, rice, onions and peas (\$3.95), is also worth a try.

In addition to these "specials," Tambo maintains its regular menu of two appetizers and four entrees — all of which are exceedingly cheap. Both of Peru's traditional appetizers — *ceviche* and *papas a la Huancaína* are offered.

Ceviche consists of fish, usually red snapper, marinated with celery and other vegetables in freshly squeezed lime. At Tambo, it is served with steamed yams and corn on the cob (\$4). Though reportedly Peruvian in origin, *ceviche* is enjoyed the length of the Pacific Coast from Chile to Mexico.

Papas a la Huancaína is at all Peruvian restaurants a bit of an acquired taste. It is made from boiled potatoes, parsley and red peppers over which is poured a sauce of goat cheese, eggs and peanuts (\$3.50).

The main courses at Tambo are

the four primary entrees of Peru: *empanadas*, which hail from Argentina but are enjoyed throughout South America; *papas rellenas*, distant cousins of the *chile rellenos* enjoyed in Mexico and Central America; *tamales* and *causa* — Peru's celebrated cold potato pie.

Causa is layered with either tuna, chicken or vegetables as you prefer, then flavored with tumeric and lime for a distinctive taste.

Though Tambo's meat, chicken and vegetable *empanadas* (\$3.75) are not measurably different from the ones you may have tried in other South American restaurants, its *tamales*, made from home ground corn and cholesterol-free vegetable shortening, are unique.

Tambo's *papas rellenas*, potatoes stuffed with meat, chicken or steamed vegetables, then sautéed with garlic, olives, eggs and raisins (\$3.95) are also uncommon and quite delicious.

The ultimate sweet treat at

See DINING on page 14

'Roger & Me' takes on auto giant

Film

By Renata Pelt

Special to The Journal

The "Roger" in *Roger & Me* is General Motors Chairman Roger Smith. The "me" is producer, director and writer Michael Moore, whose futile efforts to obtain an interview with Smith form the framework for this documentary about Moore's home town of Flint, Mich.

Roger & Me is as much autobiography or personal profile as it is straight documentary, with Moore's personality playing almost as big a role as the events chronicled.

Comical and pathetic, entertaining and depressing, the film is an ironic commentary on our times and on the "progress" of capitalism.

Moore opens with his own beginnings in Flint, "birthplace of General Motors... where every day is a great day."

Behind his narration is wonderful '50s footage: native son Pat Boone performing, a parade with people dressed as spark plugs. Though all of Moore's family worked for GM, he was eager to flee.

'Comical and pathetic, entertaining and depressing, the film is an ironic commentary on our times and on the progress of capitalism'

"I figured if Bob Eubanks (host of 'The Newlyweds Game') and another Flint native could get out of here," Moore declares, "I could."

Moore's next stop is San Francisco ("a town that didn't carry any non-dairy creamer"), where he worked for a time as editor of *Mother Jones* magazine. Then it was back to Flint.

Meanwhile, General Motors has closed plants (including the Flint plant) in the United States and opened plants in Mexico, land of cheap labor. In order to get an explanation for these actions, Moore attempts to track down his nemesis, Roger Smith.

A recurring theme in *Roger & Me* is evictions. Deputy Sheriff Fred Ross, who is shown to be as much a victim as the sad souls he evicts, bangs on doors and puts people out on the street. One evicted family brings along their half-decorated Christmas tree.

In the meantime, neat gray-

haired golfers talk about how much they love their town, and a guest at a "Great Gatsby party" (where unemployed workers are dressed up in '20s garb and hired to pose as "living statues") advises the unemployed to "get up in the morning and go do something."

Events become more and more bizarre. Moore tries to coax a deep statement out of Miss Michigan (later Miss America), but all he gets is "I'm for employment and working in Michigan... I'm trying to stay neutral here." (Well, what did he expect?)

Evangelist Robert Schuller says, "Just because you've got problems is no reason to be unhappy." Uh-huh.

And Anita Bryant, known for her profundity, urges, "Cheer up."

Then, even though *Money* magazine declares Flint America's worst place to live, and the crime rate soars, and former

auto workers try to make ends meet by becoming paid blood donors, the city concocts various schemes to revive the economy.

Each is more ludicrous than the next: In order to lure tourists, a Hyatt Regency hotel is built (and soon goes broke); an indoor theme park called "Auto World" opens (and soon closes); at the opening party of the new jail, "guests" may spend the night in exchange for \$100.

Through it all, Michael Moore stalks the elusive Roger Smith, who doesn't return his phone calls or allow his assistants to make appointments.

And frankly, it's easy to understand why the pushy, intrusive director doesn't win friends in the Establishment: When asked for I.D., Moore, wearing a dirty baseball cap and chewing on a toothpick, presents his Chuck E. Cheese discount card.

The politics of *Roger & Me* makes up in sincerity what it lacks in depth and sophistication. Is it fair, after all, to pin all the blame for our auto industry's woes — and they're many — on one man?

Of course not. But it makes a nifty movie.



Former magazine writer Michael Moore stalks the elusive Roger Smith, chairman of General Motors in acclaimed documentary

The hazards of Middle East traveling

Border guards, taxi drivers and automatic rifles

IT SEEMS LIKE every couple of weeks someone is kidnapped in the Middle East. When Moreen and I hear of it, we automatically remember our wild drive late at night between Amman, Jordan, and Damascus, Syria.

Think back to 1982. In July, Israel invaded Lebanon. Immediately afterward Syria marched into Lebanon to protect its interests. In other words, the Middle East was once again a powder keg. Israel and their Arab neighbors had fought in 1948, 1956, 1967 and 1973. Was this to be their war of the 80s?

We had decisions to make. Should we take our earlier scheduled tour of the Middle East? At the last minute we decided to go. Our flight left San Francisco early Saturday morning for New York to connect with Jordan's Alia Airlines leaving that night for Amman, Jordan. We arrived in Amman at 5 p.m. Sunday looking forward to a night's sleep.

The tour representative met and smoothly escorted us through immigration and customs without delay. It was then we learned there would be no other tour members and we would be leaving immediately

for Damascus, Syria.

Accompanying us was a taxi driver who spoke essentially no English. This man would be leading us on a 150-mile trip late in the evening crossing from Jordan into Syria, two countries that nearly went to war a couple of years earlier over the Palestine issue. We soon learned Arab drivers put their left front wheel on the mid highway divider, flip headlights on bright when approaching oncoming cars, pass on blind curves and use the car horn instead of brakes. The thought of being taken hostage was the least of our worries. Would we arrive safely? It was good we were numb from lack of sleep.

AFTER DRIVING for 90 minutes we approached the Jordan-Syria border. We screeched to a stop and a man appeared out of the shadows to check our passports and visas.

About two miles further we again braked quickly. This time our driver jumped from the taxi and opened the trunk; I rushed out to guard our luggage. The stranger (whom I now recognized as a border guard by his rumpled khaki uniform) pointed to Moreen's suitcase so I opened it. Lying on top was her pink bathrobe and pink haircurlers.

The guard, who had not seen Moreen in the back seat, looked at me, the pink haircurlers and back at me. He muttered loudly, then slammed the car trunk

Going Places



By Ed Kinney

shut. As we drove away our driver laughed and pointed at me. The guard had thought the robe and curlers were mine, that I was a transvestite.

At the border we entered a small auditorium-like building before completing necessary departure forms and having our passports stamped. Fortunately, the forms were in both Arabic and English. After this formality we could leave Jordan. But first we were stopped twice more to again inspect luggage and passports.

Now we were in Syria. The stopping and starting continued with strangers coming out of the dark or standing under a dim street light to inspect luggage and passports.

Then came the main Syrian control point which resembled an old warehouse. Our driver disappeared as we entered so we lined up with Arabs hoping to enter Syria. A uniformed man gave us forms to complete

written only in Arabic. Moreen and I looked at each other because we don't know the language. A young Arab rescued us by pointing to each line on the form saying in pidgin English, name, home, job. By guess and experience we completed the forms.

Moreen suddenly realized she had made an error and asked for a new form. At that moment another Arab standing behind her spoke up in precise English, "Don't worry, lady, they can't read English." We both bit our lips to keep from laughing. He was correct. The Syrian guard stamped our passports.

Our taxi driver reappeared to continue our late night drive to Damascus. There were two more stops in the dark to check passports and luggage but nothing exciting until the lights of Damascus appeared.

We were anxiously looking forward to a bed and sleep when the driver slammed on the brakes putting the other stops to shame. On both sides of the taxi stood two very young soldiers with Russian AK-47 automatic rifles.

We slowly rolled down the back windows while clearing our heads of fatigue as the driver cut on the overhead light. As one of the soldiers bent over to look in Moreen's side, she smiled and said, "Hi." He lowered his AK-47, smiled back and attempted a few halting words in

See GOING PLACES on next page

Contra Costa theater stages the popular 'No, No, Nanette'

Contra Costa Musical Theatre begins the 1990s with a nostalgic look back to the 1920s when they present *No, No, Nanette*. The musical comedy opens Jan. 26 and continues through March 3 at the Civic Arts Theatre in Del Valle.

Contra Costa Musical Theatre has assembled an award-winning production team consisting of Byron Peters, director; Kim Rossi and Richard Vetterli, musical directors; Sheri Stockdale, choreographer; and Tom Langguth, scenic designer.

The cast features Kelley Knapp as Nanette; David Vicars as her boyfriend Tom; Nancy Jo Sale and Matt Plambeck as her aunt and uncle; Shawn Rice as the main Pauline; Sue Carr and Alan Cameron as Lucille and Billy Early; and Elizabeth Wood, Sylvia Carlson and Judy Dehont as the uncle's three friends.

No, No, Nanette plays Friday and Saturday evenings at 8 p.m. with four Sunday matinees beginning at 2:30 p.m. Tickets are \$11 for youth and seniors and \$12 for adults.

For information and reservations call the Walnut Creek Civic Arts Theatre office at 943-5862.

Business Scene

By Michael S. Holmes

Valerie Miles, CCIM, of COLDWELL BANKER COMMERCIAL was designated 1989 REALTOR of the Year at a special awards ceremony of the Oakland Association of Realtors (O.A.R.) last month.

Miles is a senior sales consultant with Coldwell Banker Commercial Real Estate Services specializing in office leasing and investments. She joined the firm in 1978 and by 1980 was among the Top Ten Sales Achievers in the Oakland office.

As the first president of the new O.A.R. Commercial-Investment Council, Miles has received recognition both statewide and nationally. She is a past president of the Multiple Listing Service and was elected as a vice president of the association this year.

Julie Merrill, Marketing Representative for Stewart Title, has been selected by the Oakland Association of Realtors as 1989 Affiliate of the Year.

Merrill served the Association this past year as co-chairperson to the Special Events Committee. She received the honor for her numerous contributions in organizing the fundraisers, parties and community events. She was president of the Oakland Women's Council of Realtors for two years.

O.A.R. recognizes an affiliate member each year who has demonstrated a strong commitment to the real estate industry through their activities with the Association and the community. This an-

nouncement was made at the O.A.R. Inaugural Dinner last month.

Soheyl Modarressi, Stacy Weeks, Faye Carlson, Joe Schembri and Babe King, sales associates in the Metro-Monterey East region of COLDWELL BANKER RESIDENTIAL REAL ESTATE SERVICES recently received top honors for the third quarter of 1989. The announcement was made by Dee Johnson, senior vice president and regional manager of the Metro-Monterey region.

Soheyl Modarressi, of the Berkeley office, was named Achievement Leader and tied with Stacy Weeks of the Fremont North office for Production Leader. Achievement Leader is awarded to the sales associate who achieved the highest gross commission revenues closed for the quarter. Production Leader is awarded for closing the greatest number of units.

Faye Carlson and Joe Schembri, both of the Fremont Central office, and Babe King of the Fremont North office, are winners in a three-way tie for Listing Leader. Listing Leader is awarded to the sales associate who obtained the highest number of listings written for the quarter.

Faye Carlson of the Fremont Central office was also named Sales Leader. Sales Leader has the highest number of buyer controlled open sales units.

Coldwell Banker has approximately 1,800 residential real estate offices and nearly 39,000 sales associates in North America, and is a member of the Sears Financial Network.

Why pay a realtor a six percent commission to sell your home when in most cases, REALTY ADVOCATES provides the same full service for four percent? Realty Advocates, headed by brokers Hal Feiger and Brett Weinstein, is currently the only East Bay brokerage to promote high quality real estate services at reduced fees.

"The real estate business is not truly competitive," explains Hal Feiger, "when you realize most brokerages offer identical services and charge identical fees usually six percent." In contrast, Realty Advocates offers a flexible arrangement of services and fees to better suit their clients' individual needs and budget.

Realty Advocates also offers several low-cost programs to "For Sale By Owner." They can help in marketing a person's home in the Multiple Listing Service and are also available to handle paperwork and other technical details once a buyer is found.

For both buyer and sellers, Realty Advocates offers the most consumer oriented service at the most reasonable cost. Realty Advocates can be reached by calling 428-0757.

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'The Uninvited' show up in Pt. Richmond drama

The Uninvited, a ghost story, opens on the stage of the Masquers Playhouse in Pt. Richmond Jan. 26. The play will be performed Friday and Saturday nights through March 3 with Sunday matinees at 2:30 p.m. Feb. 4, 11 and 25.

The plot centers around a spirit with mysterious intentions who haunts a house, Cliff End, in an isolated place.

Tickets are \$7 with special discounts for groups of 25 or more. There will be a dinner theater benefit on March 1. For reservations call 232-4031.

Auditions
The Masquers will hold auditions for *Lock Up Your Daughters*, an 18th century musical farce, Jan. 28 at 1 p.m. and Jan. 29 at 7:30 p.m.

Twelve men and eight women of all ages are needed. Those trying out should bring a song and be prepared to sing and dance. Production dates are March 30 through May 19. For information call Director Lindi Bauman at 355-0459.

Rep

Continued from page 11
The Yale School of Drama who has designed sets for a number of productions at the Yale Repertory Theater and the Yale School of Drama.

Costume designer Barbara Bush returns to the Bay Area where she has designed for numerous shows at Berkeley Shakespeare Festival, the Magic Theater, Eureka Theater, Berkeley Stage and San Jose Rep.

Peter Kaczorowski, who will design lights, first designed for Berkeley Rep when he handled last season's *Waiting for Godot*.

Berkeley Rep, located at 2025 Addison St., is one block from Berkeley's downtown BART station and close to AC Transit bus lines.

The theater is accessible to the handicapped, offering wheelchair seating and special services for the visually and hearing impaired.

For information, reservations or to charge tickets by phone on VISA or MasterCard call 845-4700.

Dining

Continued from page 11

most Peruvian restaurants are *alfajores*, traditional Peruvian butter cookies. Though Tambo's menu challenges you to guess what's in them, we'll let the cat out of the bag: they are made with sweet cream and coconut.

When prepared properly, *alfajores* are among the most textural and tasty cookies you'll find anywhere. While usually expensive, here they sell for only 60 cents. The only problem is that Tambo doesn't always have them on hand.

EL TUMI, 3748 San Pablo Dam Rd., El Sobrante; 222-0807. Open daily 11 a.m. to 11 p.m. No credit cards.

ATMOSPHERE: **

FOOD: *

While El Tumi is at root Peruvian with simple red tablecloths and a few fabric wall hangings of Inca design, it also serves a host of Mexican dishes. In trying to do Mexican as well as Peruvian, El Tumi spreads itself a bit too thin. Indeed, during the week the restaurant features only four authentic Peruvian dishes compared to 17 Mexican ones.

It is on weekends that El Tumi's true Peruvian colors show. That is when a host of additional Peruvian specialties such as *escabeche de pollo* — fried chicken with boiled eggs, onions and potatoes — are added to the menu.

Neither its *papas a la Huancaína* nor its *escabeche* are particularly exciting, however, and its *pescado ahogado* (drowned fish) might be better called *pescado aburrido* (boring fish), because it is so bland.

Still, some of El Tumi's Peruvian meat dishes, such as *bistek a la pobre* (fried steak with eggs, \$7.50) are solid, its *alfajores* excellent, its prices fair and its service earnest and friendly.

Considering that this is presently the only restaurant in the East Bay where you can get both authentic Peruvian food and silverware, you could do worse.

Richard and Linda Flamm are the authors of "A Guide to the Bay Area's Best Ethnic Restaurants — Or, How to Travel Around the World Without Leaving San Francisco."

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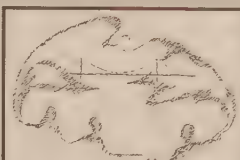
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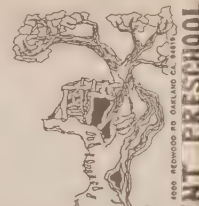
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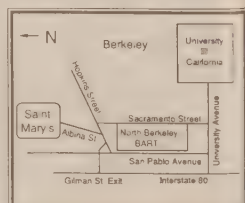
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Used cars good buy, but do research first

Auto Scene

David Fetherston



Buying a new car is considered the second biggest financial purchase after buying a home. It's time, research and good decision to achieve the right objective. Price is always a prime consideration and many folks cannot afford or simply don't want to afford the cost of a new vehicle. I have owned many interesting vehicles which have given me hundreds of thousands of miles of reliable service. These have been purchased with more care than new vehicles I have owned and in most instances have given me service as good as a new vehicle. Mileage is always a prime consideration when I buy, but I have found that if a vehicle has been thoroughly serviced and maintained to manufacturer's recommendations, then even with a higher than average mileage odometer reading you are still getting well. A good basis for average mileage is about 12,000

miles a year.

If a vehicle shows anything higher, then it's best to look closer. If the vehicle looks shabby, then simply move on to another vehicle which looks better cared for.

Check out the body for ripples in the bodywork, paint color changes, strange textures in paint. These indicate body damage.

Look at the tires; see if they have any strange wear patterns. Check the seats and floor mats; see if they exhibit any signs of excessive wear.

Look under the vehicle — does it leak oil or transmission fluid? A good way to check this is to look at where the vehicle is parked. Is the ground wet with these fluids?

Ask to see the service receipts on the vehicle. Many times these receipts are not available and a dealer cannot know the answer to these questions.

If all the owner's answers seem to add up to a reasonable story then the vehicle is possibly worth investigating further. Don't blindly take an owner's advice on condition as he may not know how good or bad the vehicle is mechanically. Ask if you can have the vehicle inspected by a different dealer or the AAA.

These services can give you a full mechanical condition report and explain any repairs they think necessary. Remember it's better to spend \$100 on a report, than thousands on a lemon.

My list of good buys in used



When choosing a used car, look for one that has been well cared for.

vehicles is varied. I have picked out vehicles that, to me, offer a combination of value for money, enjoyment and serviceability.

Family sedans under \$10,000

1986 and '87 Ford Taurus and Mercury Sable

These sedans and wagons are exceptional buys. Fully loaded examples can be purchased for between \$7,000-\$8,000, with low mileage 1989 versions going for as low as \$10,000.

They offer six passenger seating, V6 power, good all round driveability, good trunk capacity, a quality ride, and many come with extended warranties.

Audi 5000

The much "B-rated" Audi has proved its worth as a top flight vehicle after being unjustly trashed on "Sixty Minutes." A fully

loaded late model version with 30-60,000 miles on it can be had for between \$6,000-\$10,000.

It can come with every luxury option imaginable if you find a well equipped one to buy. They can be fiddly but a finer high speed touring sedan is not to be found for this price.

Honda Accord

The late model '87-88 version can be found in fine condition for as low as \$8,000. The earlier '86 version can be had for as low as \$6,000. They offer the best Japan has to build at a price that does not seem to drop at the same rate as many other vehicles.

Mazda 626

This five passenger vehicle offers much of the quality and comfort of Honda's Accord. '86-87 models can be found for about \$5,000 to \$6,000, but while the 626 delivers good fuel economy,

high mileage examples should be examined with care.

Sports Coupes under \$10,000

Mustang SVO

The 1984-85 Mustang SVO version is bound to become a choice collectors' car in the future because of its low production numbers and its exclusive performance and luxury packaging. Powered by a four-cylinder turbo engine, it came with special suspension, wheels, body parts and interior.

The engine and turbo should be thoroughly checked but, as a fast, fun ride, the SVO is a neat piece. \$5,000 can find you a peach.

Merkur XR4-Ti

Unfortunately the Merkur line is no longer with us at your Mercury dealer as Ford discontinued their importation at the end of '89. I found these special German import Fords a delight to drive, offering an enjoyable mix of rapid performance handling, luxury fittings and zappy good looks.

The XR4-Ti is powered by a turbo four-cylinder engine and needs to be checked out carefully. \$5,000-\$7,000 will buy you a nice XR4-Ti which I consider the equivalent of a mid-level BMW.

Luxury Cars under \$20,000

Mercedes 190

The 190 Mercedes is the baby

of the fleet. It has been around since about 1983. It was one of the first new generation '80s Mercedes and met with great sales success.

Now it is possible to purchase a used 190 for around \$13,000 to \$14,000. New, the 190 model sells for about \$27,000.

The 190 is a Mercedes small four-door sedan and, while it is not the performance screamer of the Mercedes fleet, it is a delightfully efficient way to travel in style and safety.

Lincoln Mark VII LSC Coupe

The Mark VII LSC coupe has been with us for the past four years and is Lincoln's hot rod coupe. Its powerful V8, assured handling and solid wall of standard luxury items have made it a firm favorite among many owners.

\$10,000 to \$13,000 will buy you a good example of this sporty Lincoln.

Porsche 928

The early 1980 through 1983 versions of the \$60,000 sports car can be found for under \$20,000. They can be very expensive to repair and maintain and are much higher than run-of-the-mill sedans.

Based on everything my automotive heart tells me, a used Porsche 928 is going to increase in price substantially over the next five years. They are my all time favorite automobile and I only hope I can get one before they skyrocket in price along with all the other exotic sports cars.

VOLVO • ALFA ROMEO • BMW EXPERT SERVICE & REPAIR

- FUEL INJECTION TO EXHAUST
- SUSPENSION TO SMOG
- MINOR ADJUSTMENT TO MAJOR RE-BUILD
- PARTS AND ACCESSORIES

Roger's Autoworks
3022 BROADWAY OAKLAND 465-1705 SINCE 1972

VOLVO OPEN 8 DAYS
MONDAY-SATURDAY SERVICE & PARTS MONDAY-FRIDAY

EXCLUSIVELY VOLVO FOR OVER 26 YEARS
SALES • LEASING
PARTS • SERVICE

FACTORY WARRANTY European Delivery
CALL 532-3778
OR CALL 532-03424

SMART BUY, BEST PRICE
CONTINENTAL VOLVO
4030 E. 14th St. • OAKLAND
(1 BLK. OFF HWY 17 - HIGH ST. EXIT)
HWY 17/880

Butler Conti Dodge
OVERSTOCKED ON '90 GRAND CARAVANS
SALE! SALE! SALE!

EXAMPLE:
1990 GRAND CARAVAN SE
ONLY
\$17,631
Plus tax & license

BIG SELECTION TO CHOOSE FROM!
\$1000 CASH REBATE FROM CHRYSLER
OR LOW AS 3.9% FINANCING (24 mos)

CHRYSLER GUARANTEE
IF CHRYSLER OFFERS HIGHER CASH
REBATES ON CARAVANS THRU SEPT. 30, 1990,
YOU APPLY & COLLECT THE DIFFERENCE
IN CASH!

DEAL DIRECT WITH MANAGEMENT & SAVE!!
284-4491 MON-SAT 9-6

BUTLER CONTI
3434 Mt. Diablo Blvd
LAFAYETTE
BAY AREA REGIONAL OUTLET FOR 40 YEARS

TONY & JOHN'S
Ask about our written warranty
CALL 841-TONY

FOREIGN CAR SERVICE
2730 Telegraph Avenue
Berkeley, CA 94704

BUGGY BANK
A SERVICE TO HELP IN THE SALE OF YOUR CAR

Flat display charge, no commissions, blue book assistance, 50-100 cars for sale by owners 7 days/week.
DISPLAY YOUR CAR FOR SALE

\$10 OFF with this ad
BERKELEY 2821 Shattuck Ave 848-3015 • Valid thru 1/31/90

ALPINE
MOBILE SECURITY SYSTEM
\$250
SALE
INSTALLED (MOST CARS)
RETAIL VALUE \$310
REMOTE CONTROL SECURITY SYSTEM WITH GLASS BREAK SENSOR

CAR ALARMS Choose from Alpine • VSE • Ungo	CAR AUDIO SYSTEMS Authorized Dealers for • Alpine • ADS • Blaupunkt • Boston Acoustic • Sony • Cooustic
---------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------

1935 ADDISON ST. BERKELEY
548-1434
HOURS: Mon-Fri. 8 to 5
Sat. 11 to 4

Frank's
SINCE 1969
• AUTO GLASS
• DASH REPAIR

3108 SHANE DR. RICHMOND
(SOUTH OF HILLTOP MALL)
222-8428
HOURS: Mon-Fri. 8 to 5

Jaguar issues luxury limited edition sedan

Jaguar Cars Inc. has introduced a special edition luxury sedan called the Vanden Plas Majestic.

The new limited production Jaguar is available in Regency Red mica paint with Magnolia leather interior. The Majestic carpets are wine red and there are red sheepskin rugs for the passengers.

Unique to the Majestic are a special fluted front grille and rear license plate light housing, making the new Jaguar instantly recognizable. A small gold and red Jaguar badge is located in the grille and special gold and red Vanden Plas and Majestic badges appear on the rear panel.

The Jaguar name is engraved on a custom gold rear license plate frame.

The Majestic can also be readily identified by its diamond polished alloy wheels. The wheel spokes are highlighted in Regency Red.

Jaguar's Vanden Plas Majestic is also equipped with an alarm system including a remote door locking device. The Majestic has the full range of performance and

convenience features provided on the normal Vanden Plas.

"Jaguar owners buy our cars in part because they offer unique attributes available from no other manufacturer," said Michael H. Dale, Jaguar's senior vice-president, Sales and Marketing. "The Vanden Plas Majestic is our response to customer request for a special sedan equipped at a level beyond even our normal Vanden Plas."

Jaguar buyers are covered for the full period of the warranty at no extra charge by Jaguar Service-On-Site. Administered for Jaguar by the Cross-Country Motor Club, Service-On-Site is a roadside assistance plan offering coverage nationwide and in Canada.

Twenty-four-hour service applies to emergencies from mechanical problems to flat tires and out of gas. If the disablement is more than 50 miles from the driver's home, the owner/driver will be provided, as needed, with reimbursement for alternative transportation, hotel, meals, and the like.

Mail-a-Want-Ad Form

6208 LaSalle Avenue, Oakland 94611 • 339-8777

Name _____ Phone _____
 Address _____
 City _____ Zip _____
 Heading or Classification _____
 Insertion dates _____

Your advertisement will be published in: The Montclair & The Piedmont on Tuesday, The Berkeley Voice & The Journal on Thursday. Extra charges added for bold type, centered lines & capitalized words.

RATES

By the word	1 time	2 times	3 times	4 times	5 times	each additional time
0-15	14.10	27.05	40.50	48.25	60.40	12.10
16-20	17.10	33.05	49.50	59.45	74.20	14.85
21-25	20.10	39.05	58.50	70.65	88.00	17.60
26-30	23.10	45.05	67.50	81.85	101.80	20.35
31-35	26.10	51.05	76.50	93.05	115.60	23.10
36-40	29.10	57.05	85.50	104.25	129.40	25.85
41-45	32.10	63.05	94.50	115.45	143.20	28.60
46-50	35.10	69.05	103.50	126.65	157.00	31.35
each additional 5 words	3.00	6.00	9.00	11.20	13.80	2.75

TO INCLUDE THE FRIDAY MONTCLARION: Add to the rates shown above, \$4 per insertion plus \$1 for each additional 5 words of Friday ad. Extra charge for bold face, centered lines and capitalized words. No credit will be given for cancellation.

101 Cars

VOLVO 1973, 2 door, royal blue. Clean! \$675 or best offer. 655-7742.

MAZDA GLC, 1983, blue wagon, good condition, 50,000 miles, one owner. Radio-tape player, call Lois Smith 428-0318.

PORSCHE, 1989, Cabriolet Carrera, 6300 miles mint condition, black on black convertible, \$51,500. 482-2157.

BMW, 1983, 320S, original owner, 57,000 miles. \$9000. 654-0545.

TOYOTA 1984 Corolla, 4 door. Good condition. \$3500. 531-2410.

BUICK Century Limited, 1982, 4 door. Great car. 69,000 miles, \$3400. 547-0450.

TOYOTA Camry, 1988, burgundy metallic, 5 speed, sunroof, AM/FM, 24,000 miles, like new, \$6,700. 266-0439.

ACURAS 1990, 4 LESS Montclair only auto broker, Motorsport. 339-1190.

CHEVY Chevette, 1981. Only 48,000 miles, like new, air conditioning, great transportation. \$1650. M-Sport. 339-1190.

201 Announcements

BOY Scout uniforms. Clean out the closets and recycle them to help youngsters. Leave at The Montclair office.

PUBLIC School blues? Call Contra Costa Alternative school. Academic, social and creative focuses. Low pressure, tiny classes, close to BART. Sliding scale tuition. 10 Irwin Way, Orinda, (415)254-0199.

204 Giveaway

FREE: Mixed Collie pups. 8 weeks old. 444-3169.

205 Lost & Found

LOST Tabby cat, mid-December, El Cerrito hills, blackish-grey. Brown adult, collars? Reward \$100. 658-4727.

LOST Collie, full sized long haired male, tan-white. Looks like Lassie. Reward. 654-1385, 841-7808.

FOUND Greyhound, female, brindle, brown collar, Antioch rabies tags. Area: Thornhill Nursery. Yvonne, 339-8071.

LOST. Medium white female dog, Australian Shepherd-Sheltie. Brown head, choke chain, pink collar. 531-1077.

206 Personals

WITNESS
 Albany: Lady fell in Ellis. Olsen parking lot in November. Will lady who saw her fall please call 527-3167.

301 Childrens Schools Camps

SKYLINE PRE-SCHOOL
 (Extended Day Care)
 Morning, Afternoon and all day
 Ages 2 years 3 months - 5 years
 12540 Skyline Blvd. 530-0884.

CHATHAM School: Developmental preschool, ages 2 years 9 months - 5 years. Toddler program, 531-1534.

CIRCLE PRESCHOOL
 Offers programs for curious child, black on black convertible, 547-6447.

SMILES Day School. Pre-school program 9 - 12:45. We also offer before and after school program for elementary children. Drop off and pick up service to schools in the area. 339-9660, 7:00 - 5:45.

EXPERIENCE The Joy! Come visit Linda Beach cooperative preschool, 400 Highland Way, Piedmont. Current openings. Andrea 654-1702.

MONTCLAIR Montessori Home School. Small nurturing morning preschool. Enter now. Sue Oehser-M.E. Education. 339-0243.

Montessori Children's House of Rockridge. Helping your child excel in a warm and nurturing environment. Now accepting applications for full day program. 7:30 - 6 p.m. Ages 2-4, 652-7021.

303 Instruction Training
 A LEARNING PLACE
 Math, SAT, Prep, Reading, Montclair/Piedmont/Berkeley. 531-2500

MACHINIST Training. Individual, business, PageMaker, Word, Basic Mac. Improve business skills. Woman-owned. Call 526-8420.

IBM PC Training. DOS, Lotus, WordPerfect, Windows. 30 year Montclair resident. Dave at 530-0776.

HELP for students. Learning specialist in private practice addresses academic and classroom needs, study skills. Phone to discuss interests. References. Nancy McKee-Jorda, M.A., 465-9439.

PRIVATE LESSONS. Computer: DOS, WordPerfect, Lotus. Bookkeeping. 569-8169.

TUTOR: Experienced learning disabilities teacher has opening for Junior-Senior high students. 436-9954 evenings.

304 Musical Instruction
 PLAY THE PIANO. Lessons are just an arpeggio away. 835-1332.

GENE'S Guitar-Bass Lessons. 25 years experience, patience for ages 9 to 90. 531-5625 message.

FLUTE: Saxophone, Trumpet. Beginning piano. Classical, jazz, improvisation. Adults, children. Beginners welcome. 15 years. 237-5777.

401 Help Wanted

PERMANENT PART-TIME
 Wednesday through Friday, 9 a.m. to 5 p.m. If you enjoy working with people, are detail oriented and can type 50 words per minute, give us a call. This friendly Montclair newspaper business office needs someone to help in the Classified Advertising Department. Contact Linda, 339-8777, Tuesdays or Wednesdays. Non-smokers only, please.

MODELS - ACTORS
 San Francisco's fastest growing agency, with offices on East and West coasts is searching for new faces. No experience or training required. No, we are not a school. We need new faces for upcoming projects. Call downtown Models. (415)956-8023

CANVASSER - appointment setter, Monday through Friday, 9:00 - 3:00. Must have dependable car. Salary plus commission, ask for Marc, 531-1494.

RESERVATION service seeks mature person with good telephone, office skills. Send resume with hand writing sample: Bed & Breakfast International, 1181-B Solano Avenue, Albany, 94706.

BOOKKEEPER: Permanent, hours flexible. Maturity, brains, eye for detail a must. Track Computer Center, 444-8725.

LOAN Processor: Small Berkeley mortgage company, flexible hours. Permanent position, real estate experience and word processing skills required. Send resume to: Schnell Investment Company, 2550 Shattuck Avenue, Suite 104, Berkeley, 94704, Attention Laura.

ADVENTURE TRAVEL
 Inca Floats, Emeryville, Galapagos Tour operator needs full-time agent with travel industry experience, SABRE trained with PC and phone skills. 425-1550.

SUPERVISE 2 older children, 3-6 p.m., Monday-Friday, 87 hourly. Kim 893-1000, 272-9647.

IMPORTANCE paid to maturity, experience, compassion, CHAS and Homebased selling by A Caring Connection. 524-8076.

PART-TIME Permanent Receptionist. Friendly, dependable, mature, with insurance billing, bookkeeping, ten key and multi-phone experience. 10 hours plus per week, vacation relief. Monday, Wednesday, Thursday, 4:30 - 7:30 p.m. 528-6657.

DO you like challenges? Work well under pressure? East Bay Animal Referral is now interviewing for part-time person. Work from home. Call 548-5521 or 841-PAWS.

FULL-TIME Accounting- Word Processing clerk. Must have good number skills and writing ability. Lotus and WordPerfect experience helpful. Call Judy Uriz, Oakland, 658-7500.

OPERATIONS CLERK needed by herbal products company in Berkeley to do shipping, receiving, label product, janitorial, gardening, errands. Work independently, use computer to plan each day. Must have 3 years college, 3.0 GPA, own auto, be non-smoker, willing to handle heavy objects, enjoy repetitive tasks, and have references. \$8.50 per hour. 549-9936.

SPANISH teacher. Part-time. Before and after school classes, Hillcrest Elementary. \$15 hour. Experience with children essential. Call Lois Smith 428-0318.

RECEPTIONIST in a health club, Oakland, early morning, 452-3755.

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*Prepayment Required

DEADLINES:

11am, Monday (Friday 3:00pm before 3 day weekend.)
 5:00pm, Friday - Service Ads.
 12 Noon, Friday, Legal Notices.

ADJUSTMENTS: We make every effort to avoid errors in advertisements. Please check your ad the first day it appears. If an error is noticed, call 339-8777 immediately to inform us and to make the correction. We are not responsible for more than one correct insertion, or for errors that do not affect the value of the ad. Liability is limited to the cost of space occupied by the error. We cannot promise the order in which ads will appear under one heading.

CANCELLATIONS: Please be sure to retain the number that is given to you at the time you place your cancellation order. Adjustments will be made without cancellation number.

401 Help Wanted

TAX Preparer for small downtown Oakland Certified Public Accounting firm. Experience. Pleasant office. 465-9718.

DRIVER needed, Montclair to near UC Berkeley Campus for 3 students by 9 a.m. 5 days. Call 482-4415 or 531-9255

SECRETARY

Provide clerical, secretarial and receptionist services to support the operations of the student records office. The requirement equivalent to high school graduation (some college desirable) 50-60 words per minute typing, word processing; good language skills, including ability to initiate routine correspondence. Deadline: January 26, 1990. Contact: Personnel office, California College of Arts and Crafts, 5212 Broadway, Oakland, CA 94618. EOE.

SURGICAL Scheduler for pediatric surgery office. Medical receptionist desired. Computer skills helpful. Good telephone manner. Able to work under stress. Resume: P.O. Box 2104, Orinda, 94563.

ACCOUNTING, typing, for one person office. Salary open. Resume: 5550 Redwood Road #1A, Oakland 94619.

Affirmative Action
ALAMEDA BOUND
 Affirmative Action position with heavy client contact requires people person who can juggle many simultaneous duties.

madsen

Personnel Services

475 14th St. #1130
 Oakland 94612
 Never A Feel

SMALL catering company has entry level position in food service and management, 12-20 hours per week, flexible hours, 635-3051

TEACHER, school age children activities program, after school, 12 units education, field, under Rockridge 531-1000

TEMPORARY Do You Like Numbers? Increase the numbers in your account by calling MADSEN PERSONNEL, Inc.

Medical Transcriptionists
 Endocrinology
 16 Hours Week
 Radiology
 On-Call

If you possess previous transcription experience along with excellent knowledge of medical terminology and typing of 60 words per minute, contact Barbara Conyers at (415)428-3420 to schedule an interview, or forward your resume to: 747 52nd Street, Oakland, CA 94609. EOE

CHILDREN'S HOSPITAL OAKLAND

Administrative Assistant

Office Coordinator

Team player with strong organizational skills required for fast-paced, professional, personnel service. Data entry experience or good typing speed. East Bay office. Starting salary low \$20's. Call Sandy 579-1111. Accountants, Inc.

SECRETARY 6
 Academic year position, 1079 hours. Provide secretarial support to Social Sciences Department. Prepare class materials. Requires high level of confidentiality, ability to meet deadlines, and work with little supervision. Heavy faculty-student interaction. Requires High School diploma or equivalent plus 2 years additional training and 2 years secretarial experience. Macintosh experience desirable. Typing 60 words per minute (tested) Salary \$9.75-\$11.

RECEPTIONIST
 Admissions
 Heavy phones, guest guests, open and sort mail, maintain master appointment calendar. Requires successful experience in high traffic reception position; good organizational and verbal skills a must. \$1286-\$1500 per month.

Director of Personnel MILLS COLLEGE
 Oakland CA 94613
 E.O.E. M/F/H

LEGAL SECRETARY, half time position, flexible hours, word processing and office management skills, friendly, relaxed atmosphere. Call Charles Drexler 658-2500

BOOKKEEPER, 12 hrs/week. Use computerized accounting program. 644-2771.

401 Help Wanted

REGISTERED Dental Assistant Back office managerial position. Experience, excellent salary, license, team oriented, minded. Full-time. Open positions. Berkeley-Alameda Area. Call Paula or 843-9572

FULL charge accountant property management. Equally desired, competitive salary benefits. Resend to Box 1 La Salle Ave., Oakland, CA

ACCOUNTING - assistant-count payable supervisor-year degree or AA in accounting. At least 2 years accounting experience. Retail and cashed background a plus. EARTH ACCESS, Corporation. Send resume to: 132 St., Emeryville, CA 94608.

ACCOUNTS Receivable/Accounts entry level, permanent position. Accounts receivable data entry, ten key, general accounting. Will train bright, enthusiastic self-starter. EARTH ACCESS, Call Susan 482-1600

COPY Writer: temporary for retail mail order catalog. Earth Access. MUST have knowledge of wordprocessing. Call Eva, 428-1600, ext. 444.

ADMINISTRATIVE Assistant great opportunity and experience. Do you have experience in hardware-appliance-housewares? Work with the best buyers for Whole Foods Market stores. General office ordering, data entry, and filing. Good communication skills, and please call M. 428-1600.

OPTOMETRIC receptionist needed Thursday, Friday, and Saturday. Call Merritt office, will train 444-1000

TEMPORARY Do You Like Numbers? Increase the numbers in your account by calling MADSEN PERSONNEL, Inc.

We need DATA ENTRY OPERATORS who are accurate.

Call these numbers for an appointment.

336-1018
madsen
 Personnel Services

475 14th St. #1130
 Oakland 94612
 Never A Feel

OFFICE - Sales Support. Organized, detail oriented. Dual to work in hectic environment. Heavy phones and filing. Ability to take direction. Salary to \$2500.

RECEPTIONIST - Secret. Kensington Optometric office. 527-1714.

BOOKKEEPER - Grants Management. Books for dynamic non-profit foundation. Entry level. Accrual and fund accounting on computers required. Toss preferred. Track compliance for grants/contracts; develop and implement systems. Part-time. Send resume on experience letter and resume to: National Education Alliance, 1307 Solano Ave., Alameda, 94706

OFFICE Manager. Dynamic non-profit seeks skilled person, experienced with computers, Macintosh preferred. Organize and manage office administrative activities. Supervise organizations and staff. Excellent written and oral communication and organizational skills. Experience required. Send letter and resume to: Special Education Alliance, 1307 Solano Ave., Alameda, 94706

GENERAL office. Photo filing, must have good skills. Send resume: P. 7848, Berkeley, 94707.

RECEPTIONIST needed. Oakland hills hair and nail salon. Wednesday, Friday, 482-1100.

SECRETARY - Office Assistant. Self-motivated, dependable, excellent typing skills. East Bay area. 545-0300

BOOKKEEPER, 12 hrs/week. Use computerized accounting program. 644-2771.

01 elp Wanted

We deliver!
need a delivery person, fast.
knowledge of the East Bay helpful.
ink full of maps, okay too. Must
own car and insurance. Call
Shelly at 655-2375.

Is It Stationary?
Stationary? If you know the
area, we are off to a great
start. We are looking for an assist-
ant manager with experience in
stationary office supply busi-
ness. Hours are flexible as is the
salary. Call Shelly at 655-2375.

DER entry, Accpac experience,
9588

He Nature Company Catalogue
partment is accepting applica-
tions for the customer service posi-
tion. Flexible hours, 7 days a
week. Part-time, full-time tempo-
rary. Strong communication skills
needed. Keyboards a plus. Please
send resume to 50 per hour. Please
write to: 750 Hearst (corner of First
and 10th), Berkeley, 10 a.m.-4
p.m., Monday-Friday to fill out a
catalogue Department applica-

NT-TIME, flexible hours. Reli-
able, reliable person wanted
help busy professional with
management of several small
businesses and houses. Handy-
skills helpful. Please write to
Box K 11254, Oakland, CA 94612.
Include education and work
experience.

Switchboard Receptionist
Corporate headquarters office in
Emeryville has opening for a re-
sponsible, experienced person to
handle busy communication
lines.

Candidates for the position
should have a professional, pleas-
ant telephone manner, with 3 to 5
years comparable work experi-
ence, and enjoy public contact via
telephone. Please send re-
sume or letter of application to
Alan
HALL
P.O. BOX 8007
EMERYVILLE, CA 94662

SECRETARY
SALES DEPARTMENT
Haulco Controls Inc. is an
Emeryville based leader in hydro-
pneumatic sales and service.
We have an opportunity for a
secretary to handle litera-
ture, brochures, catalogs, quota-
tions and instruction manuals. Du-
tation include typing, phones,
faxing, 3 to 5 years industrial
sales or engineering department
experience desirable. Central East
location with pleasant office
environment, excellent benefits,
flexible provided and convenient
local transportation. Send re-
sume or letter of application to
Alan
DRAULIC CONTROLS INC.
P.O. BOX 8007
EMERYVILLE, CA 94662

STOCK CLERK
level position for bright,
energetic person, with strong
mathematical aptitude, seeking a
career opportunity in operations,
sales or purchasing. Employer
is leading company in its field,
phenomenally located East Bay fa-
cility. Phone A-Allen, 558-8300.
Send an interview

U have a flair for design and
decorating, a get it done person-
ality, the accounting, clerical
computer skills to support a
based environment, send your
resume and salary requirements to
10, 6226 La Salle, Oakland, CA
94612.

PS wanted Great Maid Ser-
vice. Needed dependable, reliable
willing to work Part-time, full-
time. Must have car. Call
647-2721.

Senior Manager, Bookkeeper
person offer all-around posi-
tion. Experienced in computer ac-
counts receivables, payables,
rent, WordPerfect, Lotus re-
lease. Good phone skills, filing
tender. Car. 653-7288 after 9.

Job Opportunities
Persons for full or part-time matre-
sage, pantry, dishwashers,
pools, in a first class restau-
rant. Excellent working envi-
ronment. Big tips and open oppor-
tunities. 5-10 years experience.
Call 550-1500.

ACCOUNTS RECEIVABLE
personnel to handle past due
accounts. Part-time 2-3 days a
week. Pleasant atmosphere.
Betty, 339-9777.

Child Care
Domestic
Wanted

READY TO WORK?
elderly care positions in
Alameda and Contra Costa. Live-in
or out. Excellent wages. Call for
interview if you are experi-
enced. No references and
no fee. 655-2375.

FAMILY HOME COMPANIONS
DS car, drive-lessons, feed
children 3, 6, Tuesday,
Wednesday 3:30-7:30. 524-2964,
Betty.

Is Jack? Need a place to live?
potential, woody studio space
available. Excellent wages. Call for
interview if you are experi-
enced. No references and
no fee. 655-2375.

WOMEN for child care share,
full preferred. El Cerrito, Kensing-
ton, Albany area. 524-5030.

WOMEN for child care share,
full preferred. El Cerrito, Kensing-
ton, Albany area. 524-5030.

402 Child Care Domestic Wanted

AU Pair, Piedmont, non-working
mother seeks help with 6, 4 year
old boys and 17 month twin girls.
Private room- bath, \$500 monthly.
non-smoker. 547-0393.

EXPERIENCED alter for 4 year
old, 7-9 a.m. weekdays, need car,
references. 531-4480, evenings:
642-7018 days.

HOUSEKEEPING and After
School Child Care, 5 year old girl.
2 days per week, 2-6 p.m. Own
car, non-smoker. Piedmont.
653-5330.

CHILD care, Albany, 4 month old
boy, your home or ours, 2 days
week 526-6061.

CHILD care- toddler, part-time,
mornings. English speaking. Own
transportation. Glenview. Re-
ferences. 530-5045; 530-5375.

CHILD care, light housekeeping,
8 month old boy, Claremont area,
fluent English. Mornings, 18-20
hours. Own transportation.
549-3716.

CHILD care, Redwood Heights, 2
year old and 3 month old, 4 full
days, additional day flexible, mon-
day with toddler okay. 530-3103.

BABYSITTER needed, almost full-
time hours, weekdays, 2 year old
boy, our home. 835-3005,
763-3221

LOOKING for family to share my
sister, 4-5 days weekly. Son, 22
months. 547-7105.

RESPONSIBLE and loving person
to assist at a small preschool. Ex-
perience preferred. Full-time.
841-7949; 843-6055.

AU Pair for 3 young boys, good
English and non-smoking, sche-
dule flexible, no weekends, car
provided, call 834-9145.

PIEDMONT professional family
with 2 boys, 6 and 2. Offers large,
private quarters; use of car; pool
memberships and many extras.
Must be loving, enthusiastic,
speaking English, drive, non-smoker.
Serious, permanent commitment
preferred. 652-2777 evenings.

TRANSPORT kids, be mother's
helper, 3:30-7:30. Own car,
non-smoker, \$5.50 hour, 2 or 3
days. 653-7327.

NANNY for 2 year old boy, Oak-
land, live-out, English speaking,
California driver's license, re-
ferences and experience required.
Kelli 841-3381 days, 444-6134
evenings.

AU Pair, live in, English speaking,
non-smoker, needed to care for
our 2 young children, references
required, salary, room, board and
benefits. 525-2636

HOUSECLEANER, 4 to 6 hours a
week. References required. 526-7268

CHILD care, light housekeeping,
16 hours weekly. References and
good English required. 526-7268

CHILD care, 2 days, 20 hours,
permanent, Richmond Annex, ex-
perienced, references a must. English,
Kelli 841-3381 days, 444-6134
evenings.

BABYSITTER twice weekly 11:30-
6:30, must drive. 3 1/2 and 6 year
old. 465-2572.

LIVE-IN child care, 18 month old
boy, 11 year old girl, great family,
near UC, 30 hours week, mostly
mornings, 648-2109.

FAMILY seeks experienced
housecleaner 10 hours weekly.
Clean, laundry, ironing. Transpor-
tation, references a must. English,
Spanish speaking okay. Call
530-7968 evenings 7-10 p.m. only.

BABYSITTER needed starting
April 1st, full-time for infant, in our
upper Rockridge home. 547-7614.

DISABLED man needs personal
care 2 mornings a week. Full-time
area. David. 436-4716, leave mes-
sage.

BABYSITTER for late afternoons
to early evenings for 2 girls. Pied-
mont home. 652-8786.

NATIVE French babysitter and
child care needed. No one else
need apply. Light housekeeping.
Happy two year old. Well paid posi-
tion, 524-0356

403 Babysitting

PLAYGROUP seeks 3 year old,
Monday, Wednesday, Friday, 8-10.
Great caregiver. North Oakland.
We rotate homes. Kathy 855-9573.

BABYSIT in my El Cerrito house,
up to 2 years old. Call: 528-4302.

404 Child Care Licensed

YOUNG-WORLD
Specialize in infant toddler pro-
gram. Good staff-child ratio, struc-
tured program, meals. 482-5886.

405 Employment Exchange

ROOM and board in exchange for
15 hours child care, driving, light
housekeeping. Non-smoker. Call
6-9 p.m. 524-0107.

BABYSITTING- Room- Board
exchange in Piedmont. Care for 2
children late afternoons to early
evenings, averaging 15 hours per
week. Must be reliable, non-smoker,
and like kids. 652-8786
evenings.

406 Work Wanted

BERKELEY High Students available
for part-time work. Career
Center 548-5627.

COMPANION- domestic 24 hour
live-in care for elderly and handi-
capped in your home, full-time,
part-time, experience, bonded.
ABLE Care, 695-4704.

HOME health care, cleaning, cook-
ing. Licensed and bonded. Relia-
ble, excellent references all over
Bay area. \$8- \$10 per hour.
887-7709.

A CARING CONNECTION
Bonded, quality home care in-
cludes personal care, housekeep-
ing, companionship. Call Karen,
524-8076.

LOOKING for sales position in
gifts, antiques. Art background.
Part-time. Mature woman.
271-0689

PERSONAL Companion- secre-
tary. Mature woman to assist with
Personal, Business, Social Needs.
Driving, cooking, personal care,
bookkeeping, correspondence.
Flexible to your needs. Local re-
ferences. 482-1865

CASPER SERVICES
Bonded, quality elderly care,
including light housekeeping, cook-
ing and companionship. CNA's
Practical Nurses, reasonable rates
free assessment. Call Alex, Zen or
Carmen 528-3903. Beeper
262-1452.

NURSE'S Aide wants part-time
work. Loving care, experienced,
references. Shelly 465-3156.

501 Business Opportunities

IS YOUR BUSINESS FOR SALE?
Interested in Acquiring Northern
California Manufacturing or Distri-
bution business with a potential for
growth. The ideal business should
require capital, marketing man-
agement and a unique product
position.

If you are interested in selling all or
part of your business, please send
a brief business description and
product brochure to Box K, 6206
La Salle, Avenue, Oakland, CA
94611.

601 Home Furnishings

WASHERS and dryers. Kenmore-
Whirlpool. Reconditioned and re-
built. Guaranteed 90 days. De-
livery available. 548-4419 anytime

MINI-BLINDS
Discount prices on custom Sunflex
mini-blinds and Louverpage
pleated shades. Draperies too.
Free estimates and installation.
Marsh Interiors. 659-7540.

CHINA Closet (Oak), with light and
glass shelves, plus silver drawer
and storage, \$400. 656-1768.

TWO 15" X 17" glass and brass
chests, \$200, or \$125 each,
in brand new condition. 547-0773.

WASHER, gas dryer \$275; re-
frigerator \$150; sofa/bed \$100.
Doug 268-6583

ANTIQUE pump organ, beautiful
condition. 547-2085.

ON a country road in Kensington,
nestled among the trees, 2 bed-
room, 1 bath of elegance New
plank floors, wood ceiling, fire-
place, new electric tile kitchen and
bath. Garage Also 3 bedroom, 2
bath and a 1 bedroom Call
524-6189

ALBANY Duplex, 1 bedroom, liv-
ing, dining, spacious kitchen, pri-
vate back yard Near Marin 675
527-9545

ALBANY Duplex, 1 bedroom, liv-
ing, dining, spacious kitchen, pri-
vate back yard Near Marin 675
527-9545

ANTIQUE pump organ, beautiful
condition. 547-2085.

ESTATE Sale, 908 Regal Rd.,
Berkeley- cross Marin. January
19th-20th. 21st. 10 a.m.-4 p.m. 50
years collections, ship items, large
ship rope, magazine collection,
lots of glass and china. Mahogany
dining set with china cabinet, oak
furniture, tools, lots of odds and
ends.

ROOMING House rooms, close to
UC, 1900, Mondays- Fridays,
days.

LOVELY small rustic 1 bedroom
apartment, fireplace, yard, \$711,
\$150 discount for services,
236-8152, message.

STUDIO with garden entrance and
sleep loft in new designer hills
home on cul-de-sac. \$650 includes
utilities for 1 adult person, no pets.
smokers. 540-1028

ROOMING House rooms, close to
UC, 1900, Mondays- Fridays,
days.

LOVELY small rustic 1 bedroom
apartment, fireplace, yard, \$711,
\$150 discount for services,
236-8152, message.

STUDIO with garden entrance and
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LOVELY small rustic 1 bedroom
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\$150 discount for services,
236-8152, message.

STUDIO with garden entrance and
sleep loft in new designer hills
home on cul-de-sac. \$650 includes
utilities for 1 adult person, no pets.
smokers. 540-1028

504 Miscellaneous

PROFESSIONAL airless spray
outlet, completely rebuilt, like new.
Asking \$1200, new price, \$3000
Call 658-1036 between 11 am-6
pm.

FOR Invalid- Wheelchair, Com-
mode, Walker, other. Immaculate.
547-2900.

MONTCLAIR Swim Club family
membership. Best offer. 547-3042

605 Musical Instruments

UPRIGHT Grand piano, beautiful
good, great condition, Stanley &
Co. 654-0656, \$2800.

607 Wanted To Buy

KENMORE, Whirlpool washers
(1972 or newer), gas dryers, work-
ing or not. Anytime. Mr. Casper.
548-4419.

WANTED- An old toy train
Lionel, Marx, American Flyer
lives. 547-1278

BOOKS wanted. First editions,
cookbooks, North- South pole,
children's illustrated, antiques, art
and other fine books. Call anytime.
526-6440

HIGHEST prices paid for Coins-
Diamonds- Watches- Gold- Silver-
Platinum- Baseball Cards
530-0330

WANTED: Old metal toys, pedal
cars, wind ups, battery operated,
games, etc. 548-4459

I buy pre-80's movie memorabilia-
Posters, lobby cards, photos,
books, magazines, etc. After 5
p.m. 658-9938

PIEDMONT Swim Club mem-
bership wanted for \$3,500. Please call
655-4338.

701 FOR RENT GENERAL

MONTCLAIR Women's Club, 1650
Mountain Blvd., for groups of 40
520, kitchen, parking, stage.
428-1898.

Apartment Condos Townhouses

703 Albany Kensington

LUXURIOUS highrise living at
Albany Hills' Gateview Towers
overlooking the Bay. Resort
lifestyle. 24 hour security.
One bedroom 1 bath from \$700.
1 bedroom 2 and 2 baths
from \$825.

Two bedroom 2 bath from \$875.
ALBANY HILL REALTY 525-7640
24 HOUR HOTLINE 297-4044

ON a country road in Kensington,
nestled among the trees, 2 bed-
room, 1 bath of elegance New
plank floors, wood ceiling, fire-
place, new electric tile kitchen and
bath. Garage Also 3 bedroom, 2
bath and a 1 bedroom Call
524-6189

ALBANY Duplex, 1 bedroom, liv-
ing, dining, spacious kitchen, pri-
vate back yard Near Marin 675
527-9545

ALBANY Duplex, 1 bedroom, liv-
ing, dining, spacious kitchen, pri-
vate back yard Near Marin 675
527-9545

704 Berkeley

CONVENIENT location, studio
apartment, hardwood floors. Free
utilities. \$450. Redeclared 1 bed-
room, \$450. 655-6843 evenings.

\$995, near Piedmont, 2 bedroom 2
bath condo, very quiet building.
547-4366

IMMACULATE, sunny, spacious 1
bedroom \$600, View, garage, se-
curity building. No pets. 763-5545,
547-5856.

OLD WORLD CHARM
Spacious refurbished 1 bedroom
apartment with hardwood floors.
Includes garage, laundry, water,
gas, and garbage. No pet. \$675
per month. Drive by 3798 Harrison
then call 655-1413.

DOWN TOWN NEAR LAKE
Walk to work or BART.

SPLENDID STUDIOS, \$440
Includes water, scavenger service,
walk to wall carpets, all electric
kitchens, drapes.

FULLY SECURED BUILDING
SECURED LOBBY CONNECTS
APARTMENTS WITH INSIDE
PARKING AND LAUNDRY ROOM
Television outlets and camera at
entrance. No pets. References.
Lakemont, 1520 Jackson

1 bedroom Victorian four-plex, 264
Oakland Avenue. Large windows,
newly painted and carpeted. \$495.
535-0755.

3 bedrooms, 2 baths, beautiful flat
near Piedmont Avenue, 15 Echo.
Hardwood floors, newly redecor-
ated. Off-street parking. \$1100.
535-0755.

MONTCLAIR spacious 2 bedroom,
security building and garage,
intercom, near shops, public
transportation, quiet well man-
aged, prefer mature adults. Avail-
able now. \$795. Call 539-1479.

ADAMS Point beautifully re-
modeled Victorian, very sunny,
new kitchens, large closets, refin-
ished oak floors, leivlor shades,
laundry, 2 bedroom, \$650; 1 bed-
room, \$525, 663-6390.

SPACIOUS 1 bedroom with gar-
age, \$525, first and last, \$150 se-
curity deposit. Near Lakeshore.
547-3847.

705 El Cerrito & North

SMALL 1 bedroom apartment,
hardwood floors, quiet, \$575. Call
528-4412.

EL CERRITO two bedroom duplex.
Sharp, private, near BART. Gar-
age. \$675. Agent, 233-3103.

SAN PABLO 2 bedroom apartment.
Parking, laundry. \$585 month.
Days 532-2532, Linda. Evenings,
486-5381, Jenn.

5810 San Diego Street, El Cerrito.
1 bedroom, dining room, living
room, newly remodeled kitchen
and bath, new carpet. \$660.
239-1406; 527-8671; After 5 p.m.

MARINA Bay, Richmond. New
townhouse, 2 bedroom, 2 1/2 bath,
washer, dryer, fireplace. \$875.
485-0496.

900 sq. ft., newly remodeled 2 bed-
room, spacious kitchen and living.
Near BART. \$700. 527-9545.

706 Oakland Piedmont & South

SPACIOUS 1 bedroom, \$495, Mar-
lissa Ave. laundry, parking, near
transportation, no pets. 658-4387;
658-6978.

GLENVIEW fourplex, sunny 1 bed-
room, renovated, view, applian-
ces. All utilities paid, except gas.
\$525 monthly. 848 Vermont Street.
841-5979.

TEMESCAL district, 2 bedroom,
loft style apartment, skylights,
concrete, near shopping and trans-
portation. \$525. 236-8912.

ONE bedroom luxury, view, fire-
place, sunny, quiet, 1 block to
Lake. \$620 month. 261-7883

ROCKRIDGE sunny 2 bedroom,
\$775. Newly painted and re-
modeled Victorian, new oak ka-
binets, large closet. \$683-6390.

LARGE studio in elegant Tudor
style building, high ceilings, walk-
in closet, large windows. 832 Erie
St. 632-5811.

\$885, Two bedroom, 2 bath, Home
Box Office, Lake view, remodeled,
free half month. 763-8109

SUNNY and spacious studios with
hardwood floors and walk-in
closets, Cable, steam heat. Close
to public transportation. \$495.
Shown by APPOINTMENT ONLY.
251 Parkview Terrace, Oakland.
444-6971.

ADAMS Point 1 bedroom, quiet,
security building, laundry, garage.
No pets. \$575-\$600. 893-7311.

COZY studio in private home. Own
entrance, separate, stove, re-
frigerator and microwave, off-
street parking. No smokers. Call
339-3920 message machine.

ADAMS POINT
Large 2 room studio. Completely
furnished. Sunny, clean, quiet, uti-
lities paid. \$440. 621-4953.

NEAR Piedmont Ave., on Gilbert,

Apartment Condos Townhouses

706 Oakland Piedmont & South

ONE bedroom, unfurnished. Hardwood floors, laundry. New. 1240-4th Ave., near Lake Merritt. \$550 339-1019.

MODERN townhouse Above 580. 2 bedrooms, 1½ baths, washer, dryer, fireplace, dishwasher, backyard, security gate, carport, convenient, quiet, \$785, 773-9258.

LARGE 1 bedroom apartment, lower Rockridge, \$510 per month, \$65-2718.

CHINA HILL

Quiet older building, McKinley Ave. All utilities included. Off-street parking available, \$575 plus deposit. 451-7274.

SUNNY, Grand Lake studio, private, quiet, laundry, great location. \$450, includes utilities. 763-5660.

REMODELED studio in older well maintained building. Hardwood floors. Trees! Near Piedmont Avenue. \$425, 428-9417.

The Lapham Company Property Management 531-6018

Three bedroom 2 bath in quiet fourplex, newly decorated, inviting, must see Garage and laundry. \$795. Seniors encouraged to apply. Call Valerie 537-6961 or 531-6018.

ONE bedroom in quiet 8 unit building near Lake, laundry room, no pets, \$550, 525-2694.

VICTORIAN studio \$395, 3 bedrooms, 7B95. Hardwood floors, views, beautiful garden, 13th Ave. 34th Street. 222-7262, 867-6153.

SUNNY studio, near Lakeshore, cute kitchen, walk-in closet, no pets, non-smoker, \$440, 835-3460.

COMPLETE renovation 1 and 2 bedrooms, good neighborhood, attractive, spacious, new appliances, new everything. Laundry, parking, amenities, \$575 up, 991-4559

ONE bedroom, garage, washer and dryer in unit, microwave included. Water and garbage paid \$54-8242

STUDIO Apartment in small quiet Grand Lake security building. Completely private, totally renovated, 1 spacious room, separate kitchen and bathroom. Beautifully priced, \$355 with all utilities. Available February, 836-3116, 547-4020.

COURTYARD ENTRY

For quiet, clean, unfurnished 1 bedroom. Laundry, cable television, near Lake, transportation. No pets. \$575 per month, first, last and deposit. 451-3824, 763-9901.

SUNNY quiet 1 bedroom apartment and garage. Claremont Ave at Hudson St. Near all transportation. \$600. First, last, deposit. 655-2596

GLENNVIEW One bedroom, mother-in-law, clean, new carpets. Use of washer, dryer. Utilities paid. \$600. Call evenings 482-5923.

CONDO 1 bedroom off Lakeshore Avenue, York Towers. Includes utilities except electric. \$650. 893-3715, 832-0323.

MONTCLAIR Village 2 bedroom, walk to transportation, shopping, parking, no pets, \$800, 339-8492, 339-2124.

GLENNVIEW garden studio, lots of storage, tile kitchen and bath, \$435 per month. 531-3477.

SPACIOUS 2 bedroom upper duplex, fireplace, laundry, garage, yard, 8th Avenue and Ivy. \$775, 839-0449

LARGE 1 bedroom, over 1000 sq. ft. Enclosed parking, utilities included. Near Park Blvd. and 580. \$650 per month. 654-5953.

ONE bedroom, \$615, new carpet, drapes, paint, Piedmont border, 630 Mariposa Ave. 653-6601.

PENTHOUSE large 3 bedroom, 2 bath. New carpets, deck, fireplace. \$1095. One bedroom \$530, parking. 612 Mariposa Ave. 655-5845.

EXTRA large, sunny studio, hardwood floors, separate dining room, lots of windows, cathedral ceilings, lots of walk-in closet space, all utilities included, security parking, all included, \$500. 2215 Carroll St. 834-3110.

BEST BUY'S

Best locations in upper Rockridge and near Piedmont. Best value, 1 and 2 bedroom units. \$600 to \$750. Includes parking, no pets. 253-1714.

SPACIOUS 4 bedroom, second story Victorian Flat. Near Lake Merritt at 1018 East 17th Street. \$925 per month. 535-1882.

CHARMING 2 bedroom Victorian Flat. Near Lake Merritt at 1704 10th Avenue. \$825 monthly. 535-1682.

OAKMORE traditional elegance. Sunny 2 bedroom flat, formal dining room, hardwood floors, patio, washer, dryer. San Francisco express bus. \$1050 per month. 530-8389 evenings, weekends. 785-5121 days.

NEAR Dimond Park, clean, modern building, 1 bedroom, \$500 month, stove and refrigerator, carpeting and drapes, no pets. Call after 5 p.m. 530-6760.

WARFIELD near Piedmont, large 1 bedroom in charming, quiet building, gas stove, laundry. No pets. \$575. 444-5839 or 836-2534.

706 Oakland Piedmont & South

LARGE studio 607 Beacon St., (Lakeshore). Shopping, transportation, central, blinds, part utilities, \$425-deposit. 547-4031.

ALAMEDA studio, sunny Victorian in Gold Coast, private entry. Deck, new kitchen and bath. Laundry, dishwasher, disposal. \$550 includes utilities. Very nice. 521-5428

ROCKRIDGE cottage, small 1 bedroom with garden. Available February 1. \$650 per month. Open House-January 21, noon to 2- at 5251 Lawton Street, in rear.

CIRCA 1920'S

Piedmont Ave. Area
Beautifully restored 2 bedroom flat with fireplace, large formal wood paneled dining room with built-in leaded glass cabinet, wood floors throughout, stained glass fixtures. Loaded with charm in terrific Piedmont Ave. location. No smoking, no pets. 339-3281, 254-5806

PIEDMONT AVE.
Charming 2 room studio with built-in breakfast nook in handsome old 1920's building. Good transportation, no pets. \$415. Manager, 658-8453, 3459 Piedmont Ave.

PIEDMONT AVE.

Bright and spacious unfurnished 1 bedroom with built-in breakfast nook in lovely old Victorian style building, good location, no pets. \$520, 3459 Piedmont Ave. Manager 658-8453.

CHARMING art deco, large 1 bedroom, hardwood floors, \$515, 3505 Kensington Way. Large sunny studio, \$420, 231- 29th Street. 524-3125.

DIRECTLY ON LAKE
Luxury suits with views, Location, parking, utilities and more. \$795- \$1200. 532-7044.

TWO bedroom, 1 bath apartment, dishwasher, laundry room, parking, very quiet, no pets. \$640. 531-6162

SPACIOUS 2 bedroom with parking. Top management. Near Oakland-San Francisco transportation. Piedmont border. 658-9426

GREAT 1 bedroom, Clean, quiet building. Prime lake location. Walk to Grand Ave., transportation. 893-0711.

LOVELY spacious 2 bedroom with parking. Top management. Perfect lake location. Walk to Grand. 835-9334.

SPACIOUS studio. Clean, quiet building. Walk to lake, downtown and Oakland-San Francisco transportation. 451-1047.

SPACIOUS 1 bedroom with parking. Clean, very quiet. Walk to lake, Grand Ave., transportation. 444-8376

GLENNVIEW cozy 1 bedroom, \$595, Spanish style fourplex, own entrance. 3616 Brighton (Excellent). Call 653-6334.

EXTRA large 1 bedroom. Sunny. Hardwood floors. Charming, quiet building. Walk to lake, transportation. 763-5350

PENTHOUSE 1 bedroom with parking. \$750. Adams Point. Very clean. Walk to all transportation. 835-9334

LOVELY 1 bedroom, \$530. Top lake location. Clean, very quiet. Walk to Grand Ave., 763-5350.

LOVELY 2 bedroom, \$695, parking. Clean, quiet building. Walk to lake, transportation and shopping. 893-0711.

LARGE 1 bedroom with patio and parking. Clean, very quiet. Walk to Grand Ave., 835-9334.

GLENNVIEW 3 bedroom, hardwood, gas stove, refrigerator, no dogs. Gas, water, garbage included. \$900, 530-7866

ASTHETIC 1920'S

Charming three-plex. Bright, open 2 bedroom. Entirely renovated, earthquake solid, very sunny, elegantly tiled kitchens-baths, carpets, gas. Parking, cats ok. Berkley Avenue. \$775. BEPM 482-2455.

APARTMENT manager. Retired couple preferred. Light maintenance and services required in exchange for apartment in Adams Point. References required. 763-5350.

SUNNY 1 bedroom apartment, walk to well carpet, drapes, large deck, washer-dryer, 2 car garage Oakmore District, \$775. Call Terry 832-1888.

TWO bedroom townhouse apartment with garage, one block from Lakeshore Ave., large windows, large rooms, immediate availability. \$820. 841-8285.

REDWOOD Heights 2 bedrooms, 1½ baths in quiet fourplex, no pets, garage. \$890, 865-8250, 531-6118.

ONE bedrooms, well-maintained building, corner Adams-McArthur, top of the hill, \$495- \$550, 835-8089, 835-1317.

PIEDMONT Avenue luxurious 1 bedroom, totally redecorated. \$629. Kellon Ct. Carol, 339-8400 or 531-4218.

3600 DIMOND
One bedrooms from \$525. Elevator, parking, walk to shops and Dimond Park. 834-9033.

3600 DIMOND
Two bedrooms from \$725. Elevator, parking, walk to shops and Dimond Park. 834-9033.

TWO bedrooms, large, sunny, good condition, transportation, perfect elderly, available now. 530-6641.

706 Oakland Piedmont & South

LUXURY 1 bedroom, upper Lakeshore, Grand Ave. near Piedmont, all electric kitchen, balcony, pool. \$595- \$615; Studio \$495. 465-3648.

ONE bedroom in fiveplex, prefer 1-2 people, new carpets, paint, Ruby and 38th (McArthur BART). \$465- \$485, 465-5031.

PENTHOUSE luxury, upper Grand-Lakeshore, near Piedmont, 2 bedroom, 2 bath, fireplace, dining room, fabulous view, decks, over 1300 sq. ft., \$1150, 465-5031.

SUNNY spacious 1 bedroom, freshly painted, excellent kitchen, balcony, Cable, excellent location, near Piedmont, Kaiser Hospital, modern secure building, elevator, laundry, garage. \$565-7573.

2 bedroom duplex. Hardwood floors, built-in bookshelves and china cabinet, fireplace. Share laundry. Near shopping, transportation. Cat okay. \$680. 835-2955.

CHARMING Glenview upper studio, skylights, gas stove, refrigerator, fan-lights. \$500. 530-7866.

Homes

709 Albany Kensington

KENSINGTON 3 bedroom, 2 bath, 2 car garage, bay view, \$1600 per month, rent negotiable. David 776-7340.

ALBANY charming 2 bedroom, dining room, modern kitchen, fireplace, garage, newly painted, lots of light, no pets. \$1000. 525-3637.

TWO bedroom, fireplace, hardwood floors, no pets, \$900 month, 735 Evelyn, 845-3049 after 6 p.m.

ALBANY, 2 bedroom, quiet street, hardwood floors, walk to BART, nice yard, \$1200. 525-3345.

SUNNY 3 bedroom, dining room, eat-in kitchen, fenced yard, available February 1, \$1300. 526-0555.

710 Berkeley



- * Rentals and Shares
 - * See Before You Pay
 - * New Listings Daily
 - * Phone-in Service
 - * Free Map With Ad
 - * Money Back Guarantee
- 845-7821
2840 College

THREE bedroom, 2 baths, \$1587 month, 6 month lease, view, upper Berkeley Hills. Agent 376-0629.

SPACIOUS two bedroom, 1½ bath, fireplace, laundry room, garage, \$1034 month, year lease 526-6743.

BERKELEY HILLS
SPECTACULAR VIEW
Three bedrooms, 1½ baths, fireplace, deck, yard. Recently remodeled, lots of charm. \$1950. 525-0468.

BERKELEY HILLS. Secluded, wooded and private with views. Master suite with deck, plus 2 bedrooms, 2½ bath. All appliances included. Fireplace. \$1450. Call Agent Joan 531-6000.

TILDEN Park new luxury home. Convenient, quiet, secure, Tahoe-like, three bedroom, two bath, \$1350. 546-9106.

711 El Cerrito & North

EL CERRITO 2 bedroom comfortable older home with large kitchen. Convenient location. \$900. Agent, 233-3103.

TWO bedroom, well-maintained house, all appliances, fireplace, garage, yard, near BART, \$850 plus brokerage. 368-4318.

SAN Pablo, Tara Hill, 3 bedroom, 2 bath, enclosed yard, no pets. \$875 month 526-7385

THREE bedroom, 1 bath, large house, remodeled kitchen and bath, breakfast area, hardwood floor, refrigerator, stove, dishwasher, sunny, garage, recreation room, \$950. 527-6669.

712 Oakland Piedmont & South

THREE bedroom, 1 bath, also in-law unit with bath, deck, fireplace, washer-dryer, hardwood floors, fenced yard, Redwood Heights. \$1255. Call 857-1425.

TOWNHOUSE. 2 bedroom, 2½ bathrooms, washer, dryer, panoramic view, dining area, 2 decks. \$1300. 339-6130.

PIEDMONT House: 3 bedrooms, family room, fireplace, laundry room, garage. \$1350 per month. 658-8359.

ECHO CREEK AREA

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File No. 89-6778
The following person is doing
business as The Card Investors
Exchange, 600 36th St. Richmond,
CA 94805.

Steven Parke Leavenworth, 600
36th St. Richmond, CA 94805.
This business is conducted by
an individual.

Statement was filed with County
Clerk of Contra Costa County on
December 11, 1989.

Publish Journal, December 28,
January 4, 11, 18 1990, 1989.

Public Notices

**FICTITIOUS BUSINESS
NAME STATEMENT**
File No. 89-6855
The following person is doing
business as California Computer
Portraits, P. O. Box 414, 2231 Flor-
ida Avenue, Richmond, CA 94804.
Joyce Graves, 2231 Flor-
ida Avenue, Richmond, CA 94804.

This business is conducted by
an individual.

Statement was filed with County
Clerk of Contra Costa County on
December 15, 1989.

Publish Journal, December 29,
January 5, 11, 18 1990.

Public Notices

**FICTITIOUS BUSINESS
NAME STATEMENT**
File No. 89-6863
The following person is doing
business as Live Oak Landscape,
1335 Peralta Avenue, Berkeley,
CA 94702.

Neil Adrian Collier, 1335 Peralta
Avenue, Berkeley, CA 94702.

Judith Brandes Collier, 1335
Peralta Avenue, Berkeley, CA
94702.

This business is conducted by
Individuals- Husband and Wife.

Statement was filed with County
Clerk of Contra Costa County on
December 5, 1989.

Publish Journal, December 29,
January 5, 11, 18 1990.

Public Notices

**FICTITIOUS BUSINESS
NAME STATEMENT**
File No. 89-6453
The following person is doing
business as Star One Cleaners,
221 Madeline Rd. San Pablo, CA
94606.

Darryl Pierson, 1880 Jackson St.
#203, Oakland, CA 94606.

This business is conducted by
an individual.

Statement was filed with County
Clerk of Contra Costa County on
November 21, 1989.

Publish Journal, December 28,
January 4, 11, 18 1990, 1989.

Public Notices

**FICTITIOUS BUSINESS
NAME STATEMENT**
File No. 89-6499
The following persons are doing
business as Yozon Froquarts Yo-
gurt & Dessert Shoppe, 1322 Po-
mona Ave., Crockett, CA 94525.

Elvino Jon Marangoni, 623 3rd
Ave., Crockett, CA 94525.

Rosemary Marangoni, 623 3rd
Ave., Crockett, CA 94525.

This business is conducted by
Individuals- Husband and Wife.

Statement was filed with County
Clerk of Contra Costa County on
November 27, 1989.

Publish Journal, January 5, 11,
18, 25, 1990.

Public Notices

**FICTITIOUS BUSINESS
NAME STATEMENT**
File No. 89-6542
The following persons are doing
business as Video Jammer, 1855
Trinity Ave., Apt. #23, Walnut
Creek, CA 94596.

Andy M. Anderson, 1855 Trinity
Ave., #23, Walnut Creek, CA
94596.

Leland E. Ward, Jr., 265 Pappas
St., Pittsburg, CA 94565.

Michael Y. Lava, 1855 Trinity
Ave., #23, Walnut Creek, CA
94596.

This business is conducted by a
General Partnership.

Statement was filed with County
Clerk of Contra Costa County on
November 29, 1989.

Publish Journal, January 5, 11,
18, 25, 1990.

NOTICE

NOTICE IS HEREBY GIVEN, that
the deadline for arguments
pro/con on the proposed Charter
Amendments and City Measure
will be FRIDAY, JANUARY 28,
1990, AT 5:00 o'clock p.m. The
argument shall not exceed 300
words.

NOTICE IS FURTHER GIVEN, that
pursuant to Council action rebut-
tals will be accepted and the dead-
line will be MONDAY, FEBRUARY
5, 1990, at 5:00 o'clock p.m. The
rebuttal shall not exceed 100
words.

JACQUELINE L. BUCHOLZ, CMC
CITY CLERK

Some characteristics of binge eating

By Dr. W. Stewart Agras
Special to The Journal

There is a tendency in all of us to view overeating
in moral terms. Those who have trouble controlling
their food intake are considered to be weak or lack-
ing in self-control.

This view even is shared by those who have a
problem controlling their appetite, particularly
those who "binge eat" and afterward feel ashamed
and depressed.

Is all this guilt really necessary? To answer that,
we need to examine modern views of the problems
of binge eating and being overweight.

It is now recognized that binge eating is experi-
enced as an episode in which control over food in-
take is lost and a large amount of food is consumed
in a relatively short time, although some binges can
be small.

The foods eaten tend to be sweet and include
breads, cookies, cakes and ice cream. Interestingly,
people do not binge on steak. An episode of binge
eating is usually terminated by running out of food,
by interruption or by feeling too full to eat any
more.

By its nature, binge eating is secretive, and there
are many families who are unaware that one of their
member's binges. The consequence of binge eating
is weight gain. This, in turn, may lead to obesity.
Alternatively, the threat of weight gain may be
solved by inducing vomiting, using purgatives or by
starvation.

The combination of binge eating and purging is
known as bulimia. Both obesity and bulimia may
lead to physical and psychological problems.

Binge eating is offset in most cases by periods of
excessive dieting. Those who are overweight and
who then diet may complicate their problem by
promoting binge eating. Although anyone might
binge if deprived of food for long enough, it is
suspected that this eating pattern is more common
in those who are predisposed to obesity.

Recent work from our laboratory at Stanford has
shown that infants with a particularly vigorous
sucking style will tend to be fatter at 2 and 3 years
of age than infants with a less forceful sucking pat-
tern.



Animal studies show that mice genetically pro-
grammed for obesity also show a more vigorous
eating style — taking larger bites, eating more
rapidly, and chewing their food less — than their
thinner counterparts. This suggests that certain
eating patterns may be expressions of an inherited
tendency toward obesity.

The environment also plays its part in this prob-
lem. Pets from obese families tend to be heavier
than pets raised in thin households, undoubtedly
because of the greater abundance of food in
families whose members tend to be obese. Children
learn tastes for specific, more or less fattening
foods, as well as eating styles in the family.

In today's cultural environment, young women
are faced with two conflicting messages. The first is
that thinness is goodness. Witness the models used
to advertise all kinds of products.

The second message is to enjoy all sorts of good

food. But maintaining a thin profile is not
when faced with delicious temptations by the
industry.

We can see that taking a moralistic
toward overeating is a terrible simplification
complex problem.

What can be done about binge eating? The
demic of bulimia, which now affects about
cent of young women in this country, began
late 1970s. This epidemic took us by surprise
no treatments for this condition were
available.

Since that time, two approaches to the treat-
ment of bulimia have shown some success. The first
psychological treatment known as cogni-
tive behavioral therapy, which has a success rate
about 60 percent.

The second is the use of an antidepressant,
imipramine or, better still, its cousin desipramine,
which has turned out to be a surprisingly effective
anti-binge agent.

Antidepressants may work because depression
and binge eating seem to be related in some way.

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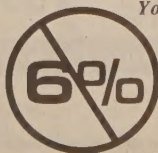
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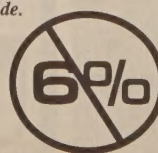
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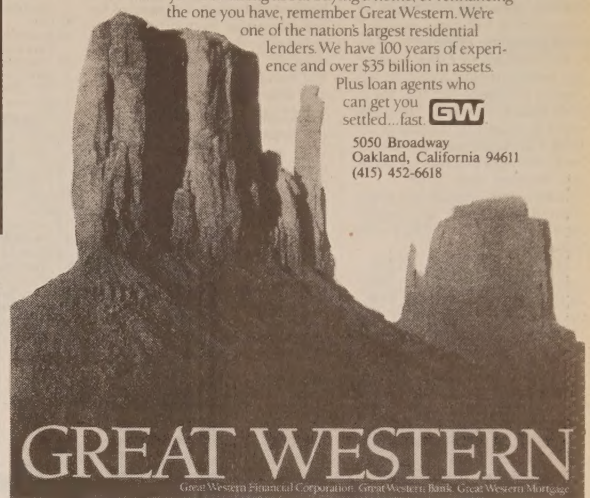


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